

World Mental Health Day 2008 in Spain CONVIRTIENDO LA SALUD MENTAL EN UNA PRIORIDAD GLOBAL



In order to remind the importance of mental health in everybody's life as well as to advocate for the rights of people with mental illness and their families, most of the 216 grouped in the Confederation FEAFES developed activities around World mental Health Day, the 10th October 2008. Under the theme *Making Mental Health a Global Priority* the

Confederation of Groupings of Families and People with Mental Illness (FEAFES) undertook nationally a range of actions as the participation in the Art Biennial organised by the ONCE Foundation. FEAFES organised also the prize award "Toda Una Vida para Mejorar" (a whole life to improve) and participated in activities related to the celebration of the European Depression Day, where the press conference of the 7th October can be pointed out.

The 9th October, the Spanish Minister for Health and Consumption, Mr Bernat Soria, as he had done previous years, proclaimed officially the World Mental Health Day in Spain together with FEAFES President, José María Sánchez Monge. The strong commitment of the Health Ministry with Mental Health, with the development of several initiatives as the implementation of the National Strategy for Mental health was made clear again. Sánchez Monge recognised the important milestones succeeded and highlighted that still many issues need to be addressed by the different stakeholders and presented some of the results of the national surveys "the reduction of stigmatisation to patients with a mental illness in health care" and the "users perceptions of mental health care" developed by FEAFES with the funding of the Health Ministry.

During the event, Vicente Rubio presented his documentary Integra2 and expressed his opinions as a person with a mental illness on the situation of the collective. Marife Bravo, as representative of the Spanish Association of Neuropsychiatry (AEN) also made a brilliant intervention on the difficulties for the application of the Law for the Autonomy and Attention to Dependency Needs to people with mental illness. Watch Integra2 (39 min) http://www.unofilms-ac.org/WEB_uno_films/integrados.html



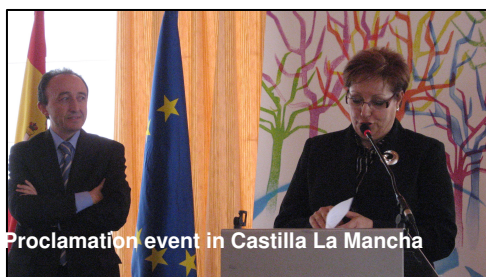
Proclamation event in the Health and Consumption Ministry: Mr Bernat Soria, Mr Jose Mª Sánchez, Ms Maria Fe Bravo, Mr Vicente Rubio

FEAFES member associations developed a wide diversity of activities, which are described in the periodical bulletin Boletín Encuentro nº3:

<http://www.feafes.com/NR/rdonlyres/4A7BA8A2-2E5D-44C7-9A8A-7D3E849F9ABC/21575/REVISTAENCUENTRON308.pdf>

Some examples are:

- **Andalucía:** concentration of more than 1.600 in the gardens of the Parliament of Andalucía
- **Aragón:** conferences, medieval market, associations meeting..
- **Asturias:** presentation of the documentary *1% Esquizofrenia*, media interventions...
- **Islas Baleares:** conference on "severe mental disorders of children, adolescents and adults"
- **Islas Canarias:** art exhibitions, public colloquiums, theatre plays...
- **Cantabria:** cinema and mental health week.
- **Castilla y León:** theatre plays, associations meetings, cinema forum...
- **Castilla La Mancha:** awards, proclamation event, meeting, colloquiums...
- **Catalunya:** proclamation event, demonstration, theatre plays
- **Ceuta:** Conferences, information desks
- **Extremadura:** official event, conferences, posters
- **Galicia:** Conferences, awards, music concerts.
- **Madrid:** Demonstration, cultural acts...
- **Murcia:** press conference, art exhibition
- **Navarra:** documentary projection, conferences
- **La Rioja:** information campaign, press release
- **Com. Valenciana:** conferences, concentrations..
- **País Vasco:** Posters, proclamation event.



This year an internal evaluation has been undertaken on the processes and results of the commemoration of World Mental Health Day 2008. Although, the overall assessment is very positive, it can be highlighted that the impact of 2008 WMHDAY activities in the media accounts in more than 200 interventions in TV, press and radio programs and it was the day of the year when more people accessed FEAFES website to look for information on Mental Health. Different areas for improvement have also been identified.

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