

Program for the development of community-based strategies of resilience and mental health among young people.

Resilie

Stronger youth, healthier communities.





SPECIFIC ACTIONS ARE NEEDED TO RAISE AWARENESS AMONG MENTAL HEALTH PROFESSIONALS.

Professionals must be informed about recent advances that support primary prevention, and about the large amount of resources that is currently available in this field.

Primary Prevention in Mental Health

What do we know? What can we do?

PRIMARY PREVENTION IN MENTAL HEALTH stands as a priority topic in the development of mental health policies. However, there only exist a few projects that aim at **modifying the risk factors** that may lead to mental health disorders.

We have started **concrete actions** to change the perception about PRIMARY PREVENTION IN MENTAL HEALTH

Our first step was to run a survey among **mental health professionals** about their **PERCEPTION** on this topic.



During the *23^o International Symposium about current issues and Controversies in Psychiatry* we got the chance to speak with professionals from **over 40 different countries**.
(www.controversiasbarcelona.org)

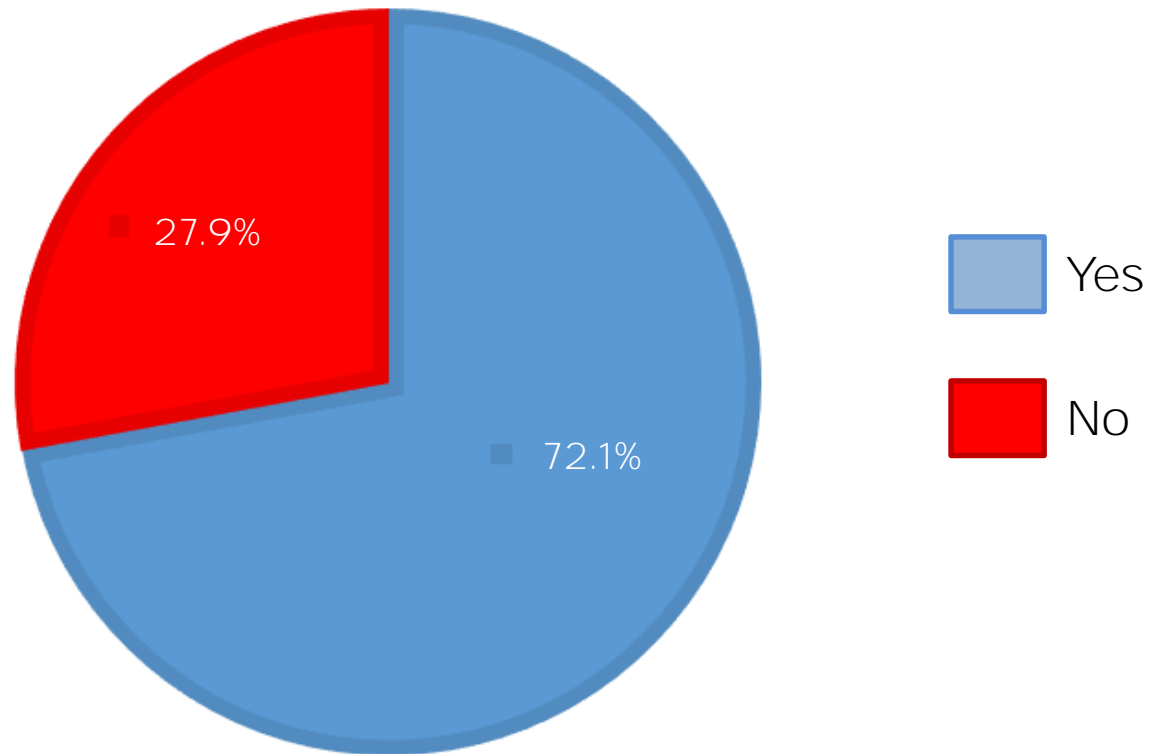
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This is what they said

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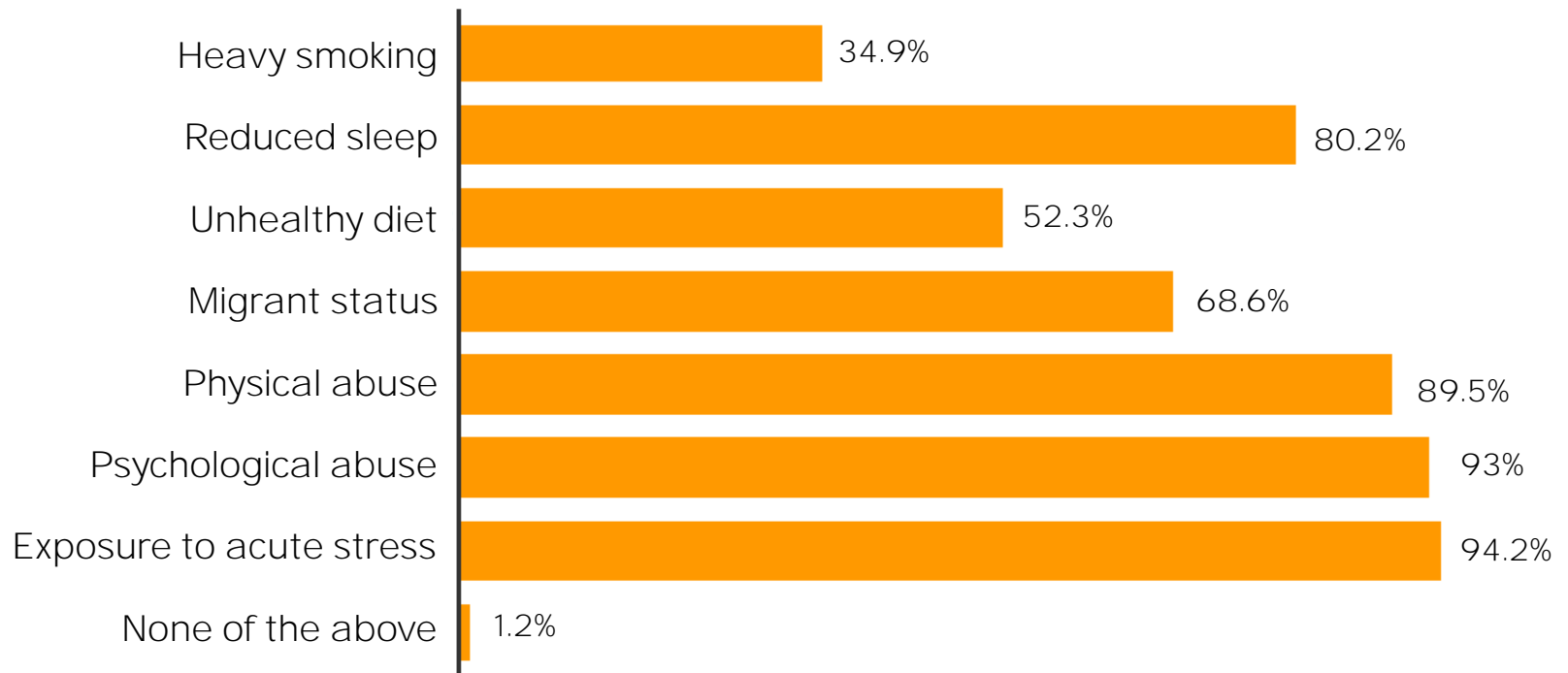
Question #1

Do you think mental health disorders can be prevented?



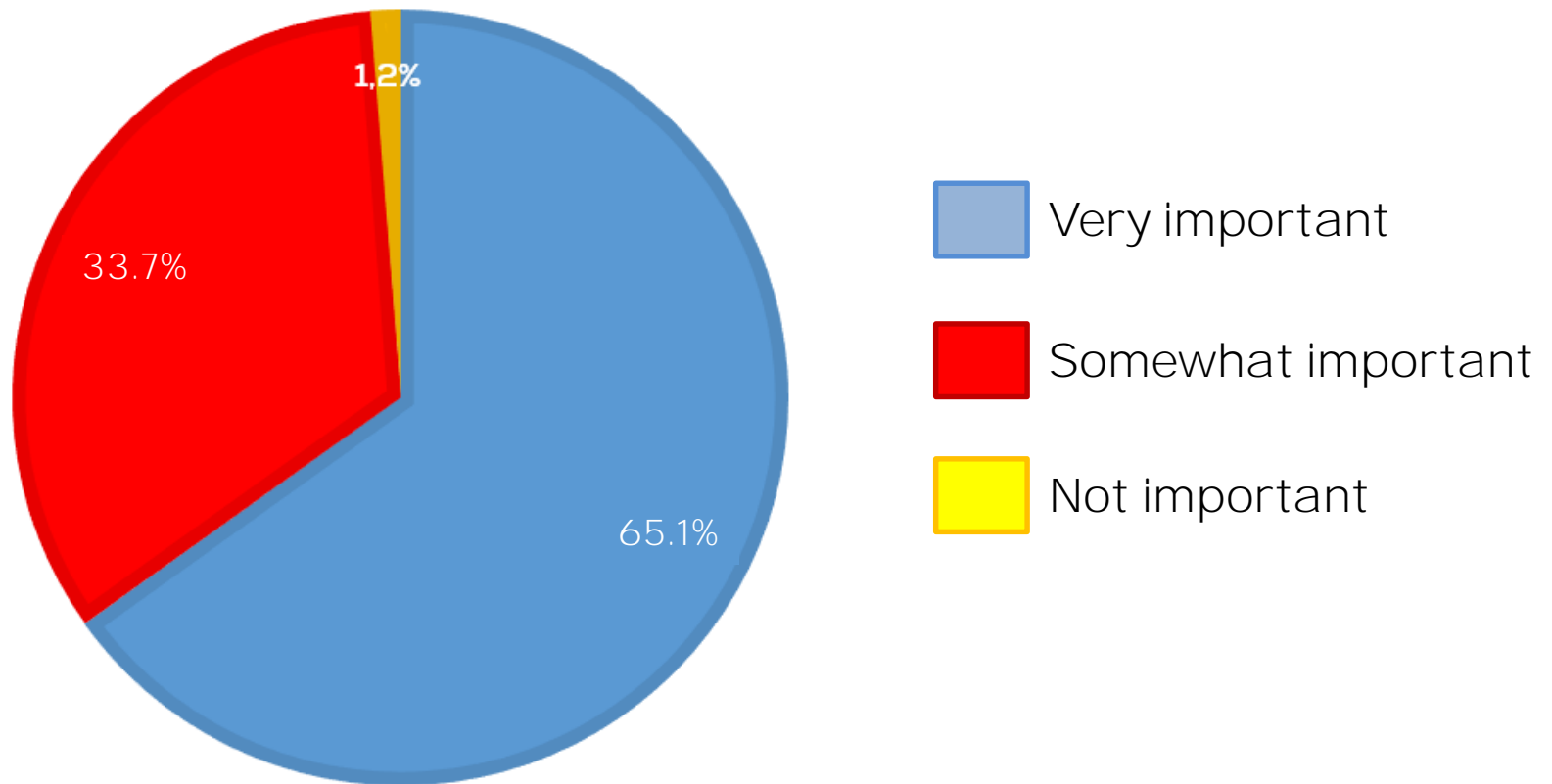
Question #2

Which of the following do you consider to be risk factors for mental health disorders?



Question #3

How important are NONGENETIC risk factors for developing mental illness?



To sum up...

- A significant percentage (nearly 30%) of professionals was against the possibility of preventing mental illness. Among them, some thought that certain “less severe” diseases could be potentially preventable. None of the professionals with this view could provide evidence to support their statements.
- There is a significant lack of knowledge about risk factors that are associated with the onset of mental illness. All factors that were presented in Question # 2 are considered to be risk factors according to the data published in http://www.who.int/mental_health/en/
- Of note, there was a large consensus in relation to exposure to acute stress, psychological abuse, and (to a lesser extent) physical abuse as risk factors for mental illness. Prevention activities that focus on these situations are likely to have a high level of acceptance among professionals.
- Almost 100% of interviewed professionals believed that non-genetic risk factors are somewhat or very important to develop a mental disorder. This very widespread impression contrasts the relatively low level of information and awareness that was evident in the other questions.



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Resilie is a nonprofit organization.

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