

Barcelona Mental Health Plan 2023-2030



"Mental health is defined as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community" (World Health Organisation, 2013).

What is the Mental Health Plan?

Mental health is a challenge and a priority for Barcelona City Council's health policies. The Mental Health Plan is a common framework that forms the basis for the mental health actions carried out in Barcelona and sets the strategic priorities for approaching well-being and mental health in the next few years. It has been prepared by means of a wide-reaching co-production process with the organisations in the sector, which has led to the first and second Barcelona Mental Health Plans.

The mission of the Mental Health Plan is to promote mental health and prevent and provide care in the case of mental disorders in order to improve the psychological well-being and quality of life of the entire population.

The state of mental health in Barcelona 2021-2022



Poor mental health is more likely to affect women, the most disadvantaged people in society and those born in low-income countries. In addition, it increases with age.



Poverty, violence, discrimination, job insecurity, loneliness and lack of social support, among other factors relevant to mental health, are more prevalent precisely in the above groups.



These factors have become more common as a result of the Covid-19 crisis and are affecting the mental health of Barcelona's residents, particularly:






- women, teenagers, young people and people over 74;
- the most disadvantaged people in society and those born in low-income countries.

The factors involved in mental health and mental disorders thus include not only individual characteristics but also social, cultural, economic, political and environmental factors, such as national politics, social protection, standard of living, working conditions and the social support networks in a person's closest environment.

Striving to reduce social inequalities and take action throughout people's lives can provide opportunities to improve people's mental health and reduce the risk of suffering mental disorders.

Starting point: the first Mental Health Plan 2016-2022

Barcelona led the way for other cities in Spain with its first Mental Health Plan (2016-2022), which laid the basis for making progress in the following areas:

-  Implementation of the Barcelona Mental Health Board and the district Mental Health Boards, which are local, action-oriented technical collaboration and participation forums that seek to promote, prevent and improve mental health in each area.
-  Establishment of the Barcelona Suicidal Behaviour Prevention Network and promotion of some initial actions, such as the Barcelona Suicide Prevention Hotline (900 925 555) and the assistance points for relatives and other people close to those at risk of suicide, as well as survivors.
-  Creation and implementation of Konsulta'm and Konsulta'm+22, a free and anonymous walk-in psychological assistance service for teenagers, young people aged 12 to 22, and people over 22, respectively. The service is provided from community facilities by psychology, education and social work professionals.
-  Launch of the emotional support chat service for young people (679 33 33 63), which seeks to prevent and identify emotional distress in the young population.
-  Signing of the Barcelona Agreement for Mental Health at Work promoted by Barcelona City Council's Workplace Health Advisory Council.

- ➔ Driving forward the first and second Mental Health Shock Plans to address the effects of the Covid-19 pandemic and lockdown on people's mental health.
- ➔ Creation of "Cabàs emocional", a digital platform with free online educational and emotional support resources for the public.

What do we want to do?

The second Mental Health Plan has the following priorities and challenges:

- 1 To address mental health throughout a person's life, with particular emphasis on children, young people and the elderly.
- 2 To further include the gender perspective in mental health.
- 3 To improve citizens' ability to look after their own mental health by teaching them self-care strategies and providing them with emotional management tools.
- 4 To put "local support" in place by training citizens, community leaders and professionals to identify psychological distress and provide support in such cases.
- 5 To reinforce support for projects that help guarantee the rights of people with mental health disorders and enable them to fully participate.
- 6 To encourage mental health to be addressed at work.
- 7 To speed up roll-out of the Barcelona Suicide Prevention Strategy through the Barcelona Suicide Prevention Network (PRECS).
- 8 To promote the inclusion of an intercultural perspective in the design of mental health actions and services. To ensure the provision of mental healthcare for migrants, particularly those who do not have their papers in order.
- 9 To increase the psychosocial support and care of carers, particularly those who are overburdened with care work.
- 10 To provide more mental healthcare to homeless people.

How will we do it?

The plan consists of **four strategic lines**, 10 goals and 90 specific measures:

- **1st line:** Mental health promotion and prevention: actions to improve or change people's individual, social and environmental conditions to ensure the psychological well-being of every person and social group in the city.

Example of action: Establishing a network with various key players in the city to define and put in place mental health protection measures for children, teenagers and young people in the digital sphere, for example, by publishing recommendations on the use of screens in early childhood.

- **2nd line:** Lifelong well-being and care: actions to prevent emotional distress from getting worse or from leading to serious mental health problems.

Example of action: Launching a specific line of action for elderly people in emotional distress as part of the Konsulta'm+22 service.

- **3rd line:** Mental health equity or rights: actions to ensure that people with mental health problems receive assistance from care facilities, and to ensure the training and awareness of professionals in the various fields involved in mental health to guarantee the provision of care in accordance with human rights and without discrimination.

Example of action: Ensuring the provision of specialised mental healthcare for migrants and people of diverse cultural origins, including immigrants from outside the EU and people who do not have their papers in order. This includes providing the mental health centres for adults (CSMA), the mental health centres for children and young people (CSMIJ) and the Konsulta'm spaces with adequate and effective translation and cultural mediation services.

- **4th line:** Good governance of the Mental Health Plan: actions to foster the collaboration and coordination of the various players involved, ensuring the creation of spaces and networks to establish interaction, collaboration and mutual learning frameworks.

Example of action: Promoting the network of companies and organisations that have signed the Agreement for Mental Health at Work with the Barcelona Workplace Health Advisory Council.

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Health Plan
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**Barcelona for
mental health**

You can find the
complete document at:

barcelona.cat/salut