

2019- Mental Health - A Different Approach

The World **Health** Organization (WHO) states that anxiety and depression will be the biggest cause of ill **health** in the world by 2030.

Almost everyone suffers with mental and emotional health issues at some time in their life. This can include depression, self harming, anxiety and stress.

Being mentally healthy is also about having the strength to overcome the difficulties and challenges we can all face at different times in our lives - to have the confidence and self-esteem, to be able to take decisions and to believe in ourselves. It is quite normal to sometimes feel worried, anxious or upset when things don't go as you hoped - everyone faces pressure in their lives at certain times.



Health professionals worked in collaboration with Councils and Cultural Associations and offered presentations in major cities in Spain (eg. Barcelona, Madrid, Sevilla, Granada, Cordoba, Barbastro, Monzón, Pozán de Vero) These talks presented a different approach to dealing with Mental Health and abuse. They offered a series of concepts and tools on how to differentiate illness from normal human reaction and they also provided strategies to help patients to manage and cope with some of their own challenging feelings.