

WORKSHOP

MENTAL

HEALTH

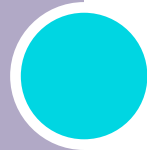
& WOMAN



ANNUAL REPORT 2023

 www.tecsam.org  contact@tecsam.org

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Objectives, starting point and methodology

"To make the knowledge developed from mental health research reach people"

This is the main objective of the TECSAM Network in order to contribute to improving the quality of life of society.

To achieve this, it is essential that researchers address the needs and concerns that people affected by mental health problems face on a daily basis. In order to meet these challenges, the TECSAM Network has organized a participatory workshop exclusively for women affected in first person.

During the virtual workshop, participants identified and discussed the health and social challenges they as women with mental health problems. This document summarizes the conclusions of the session, where we worked on identifying problems in different dimensions of the person: physical, psycho-emotional, personal, family, social, educational and professional, and in relation to health and social services.

This was the second participatory session of these characteristics organized by the TECSAM Network. At the beginning of 2022, the **First Mental Health Challenges Co-creation Workshop** was held with the participation of people affected in the first person. This year, the workshop was aimed exclusively at affected women, taking into account that gender equity, as well as the inclusion of the perspective of affected people, is one of the cross-cutting strategic axes of the Network.



PARTICIPATION

36 women between 18 and 65 years



GEOGRAPHIC REGION

Catalonia (rural and urban areas)



DATE

24/05/2023



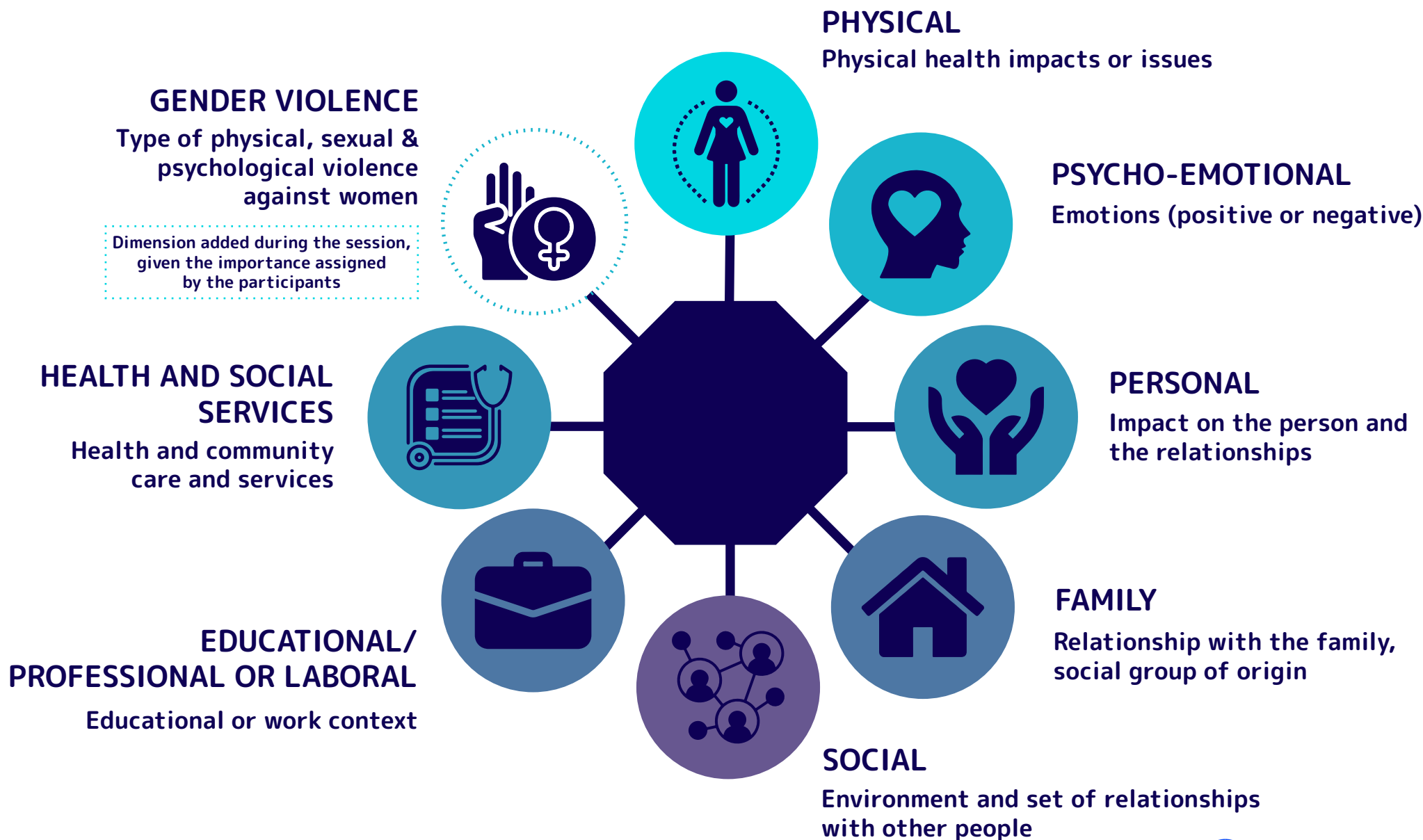
METHOD

Virtual session using the interactive and collaborative platform "Miro"

In charge of:

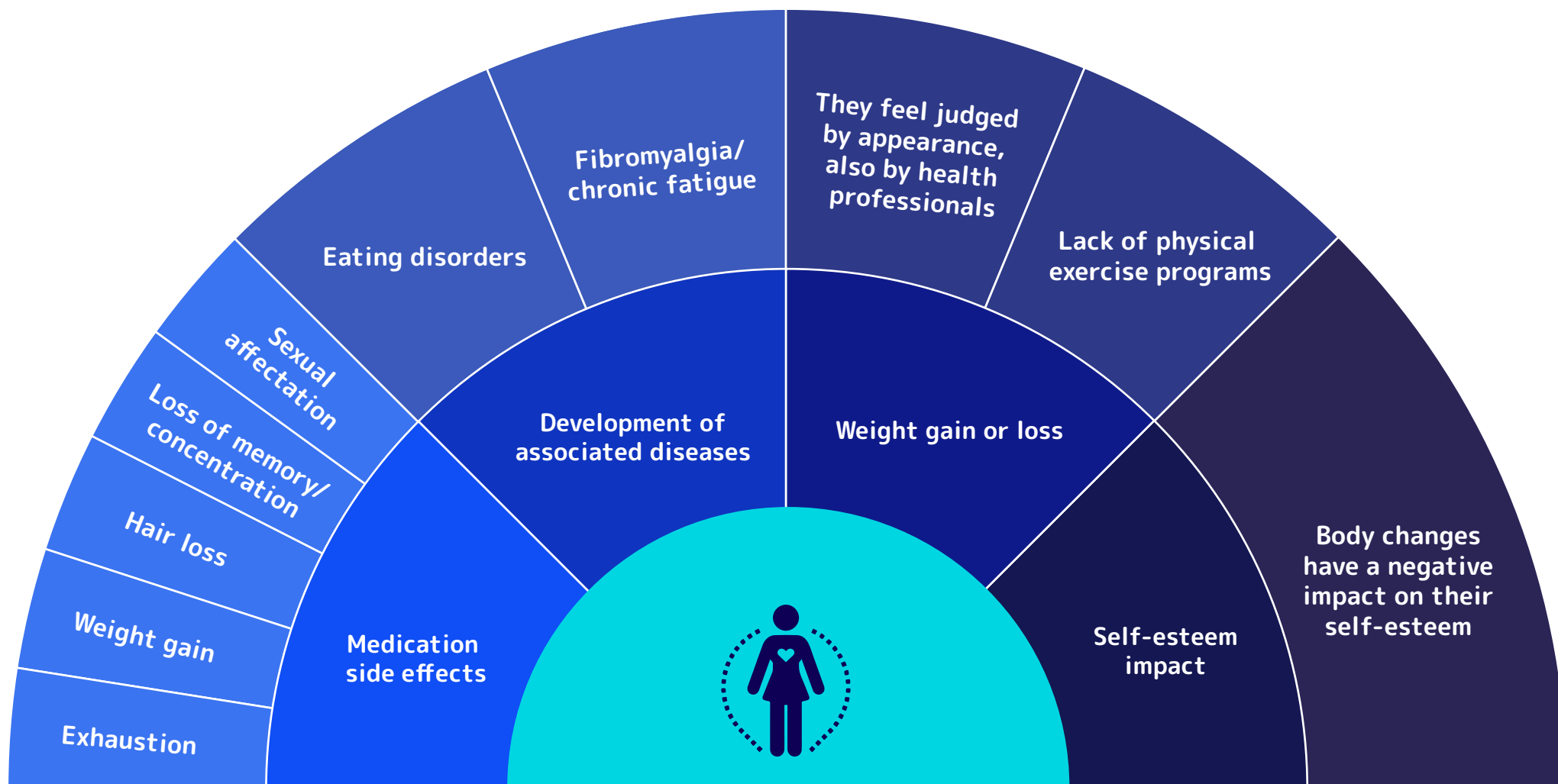


Dimensions of the person approached

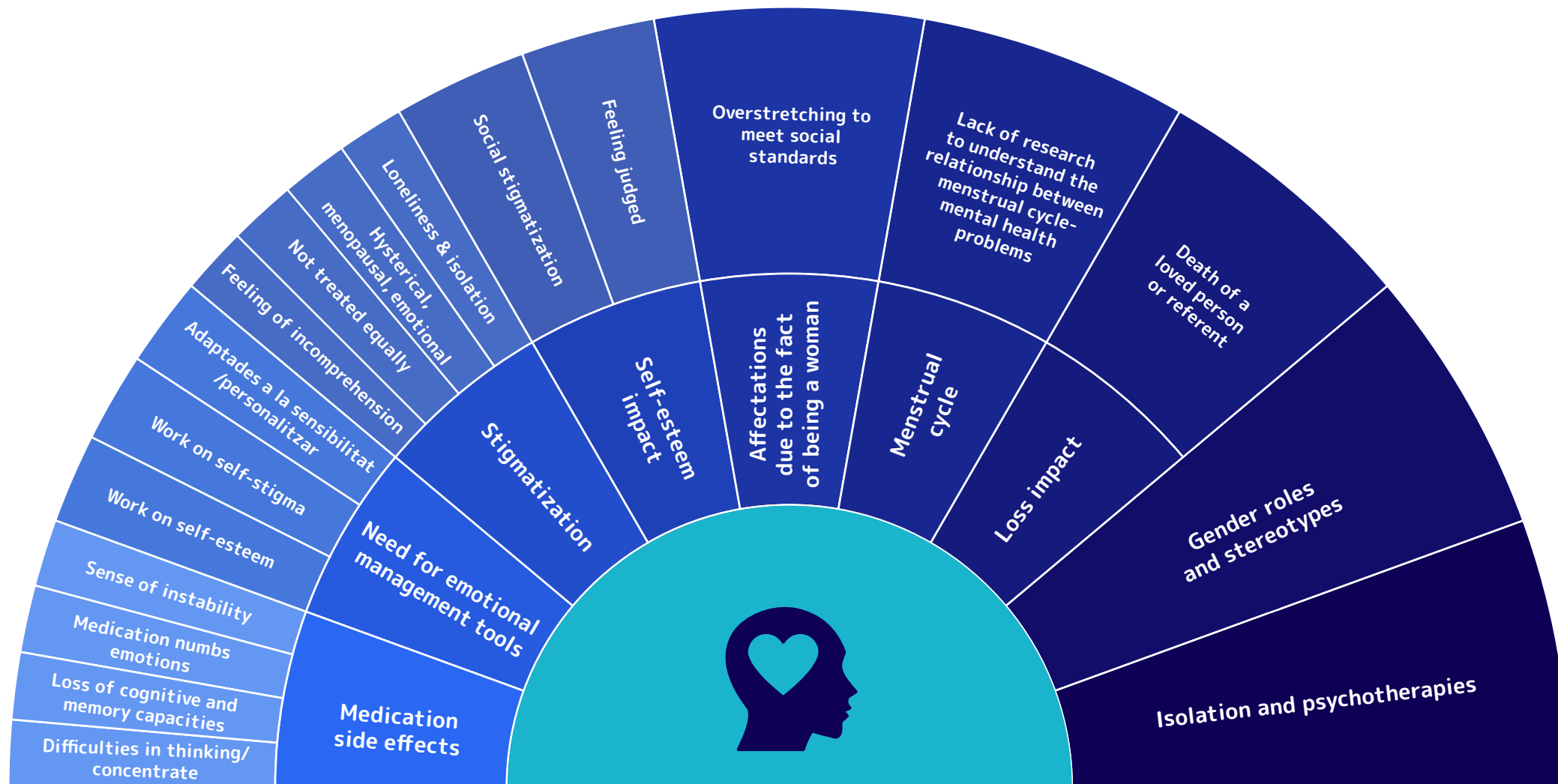




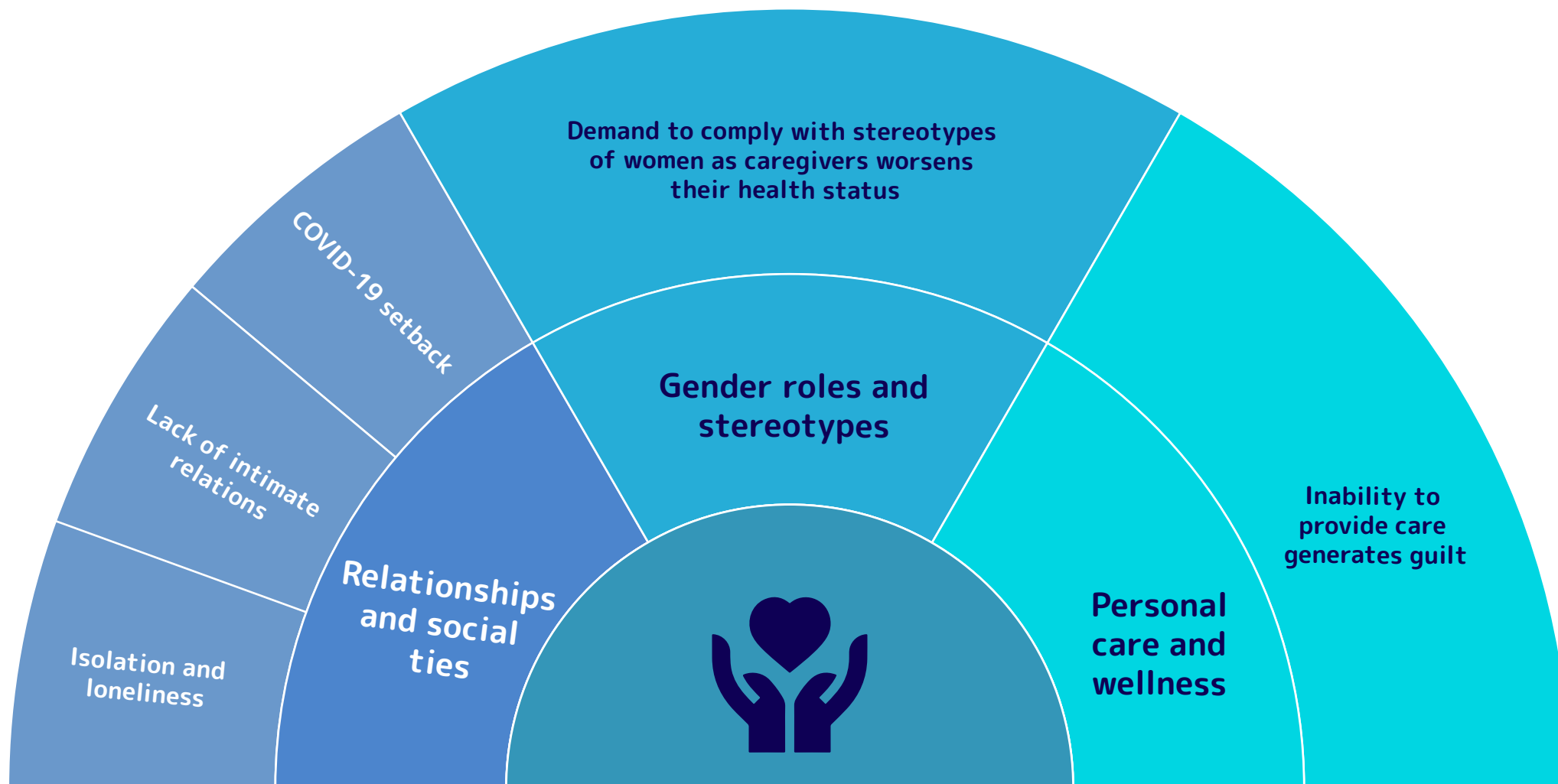
Identified challenges in the different dimensions

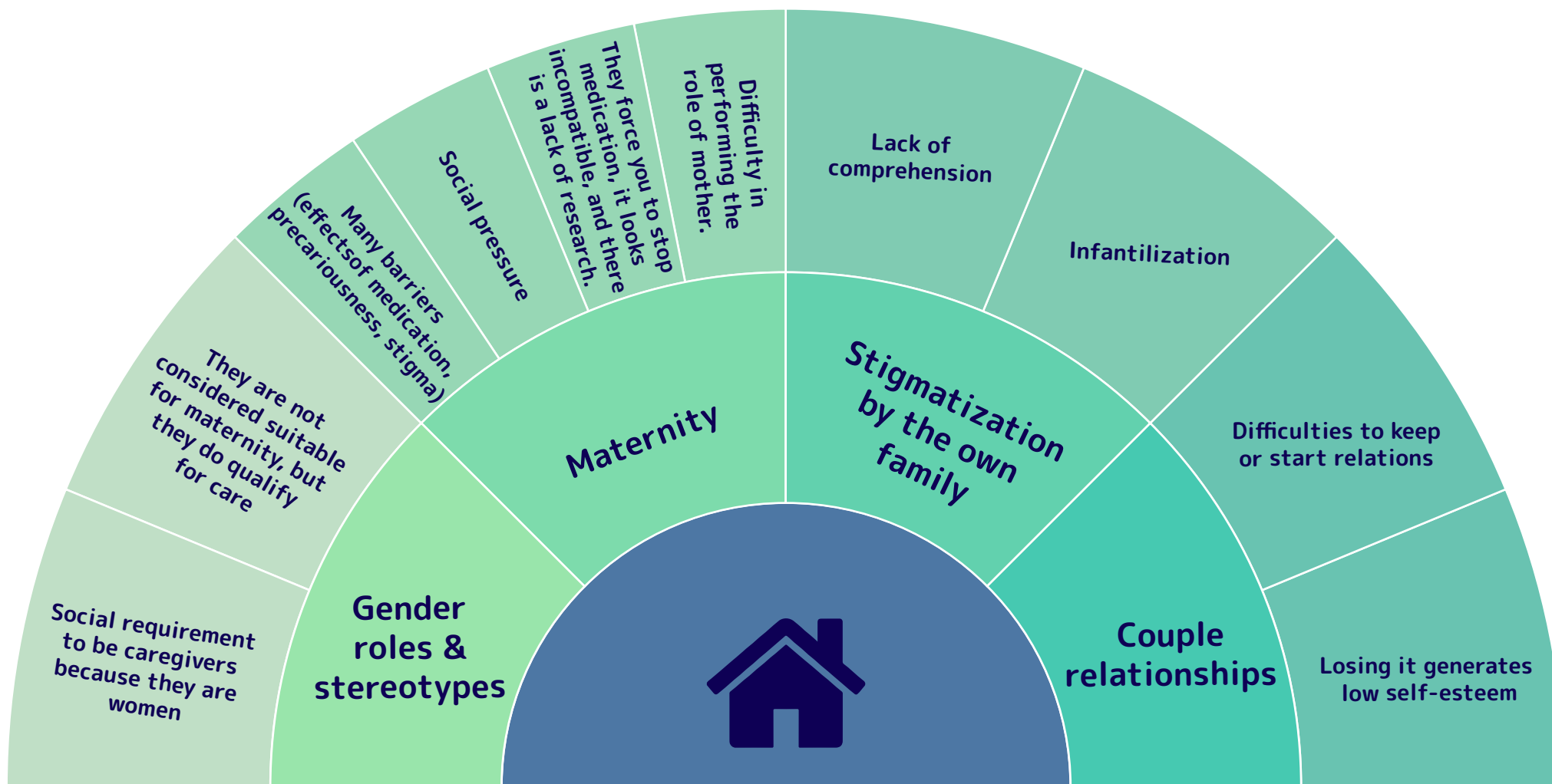


PHYSICAL DIMENSION

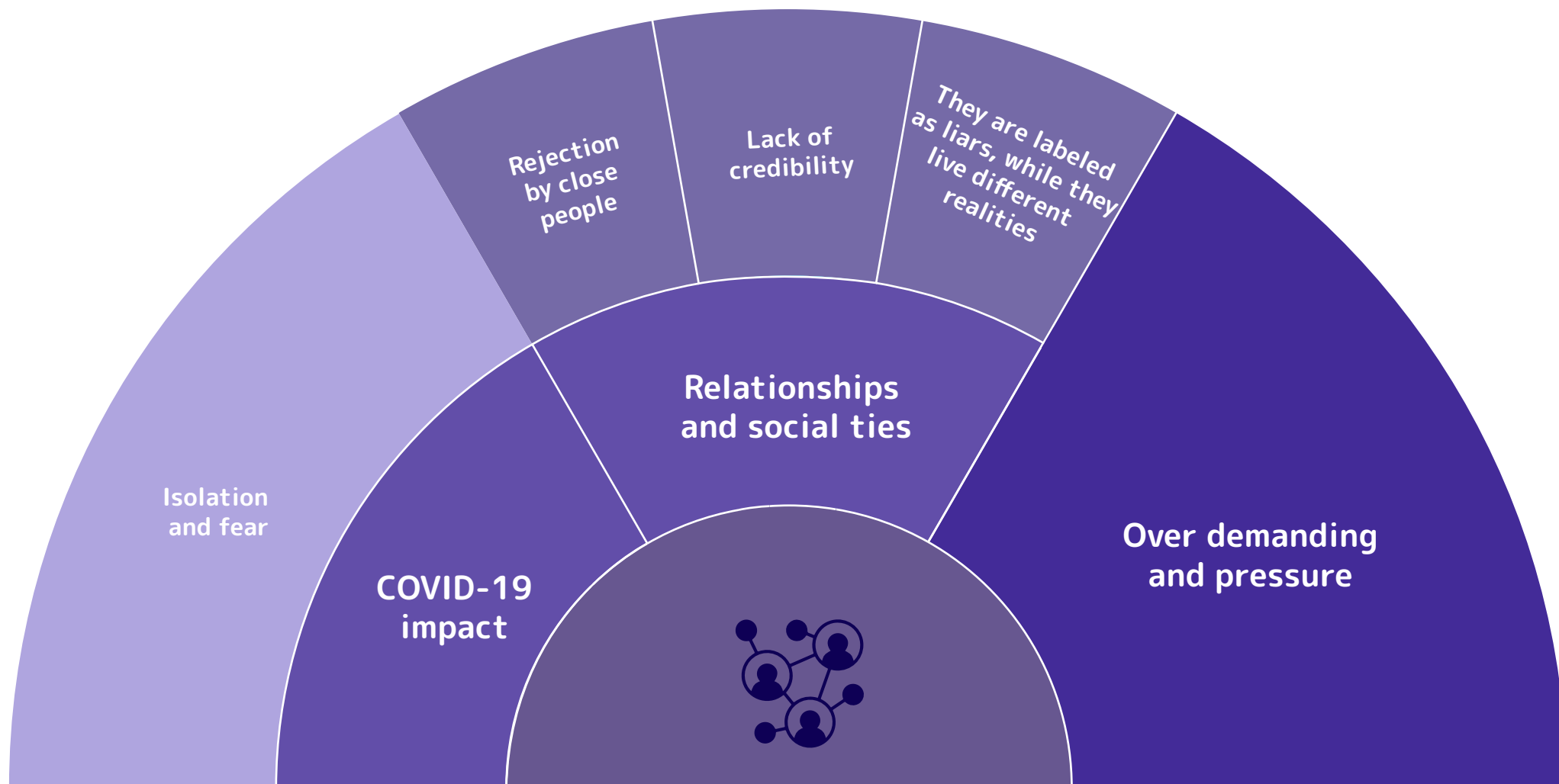


PSYCHO-EMOTIONAL DIMENSION

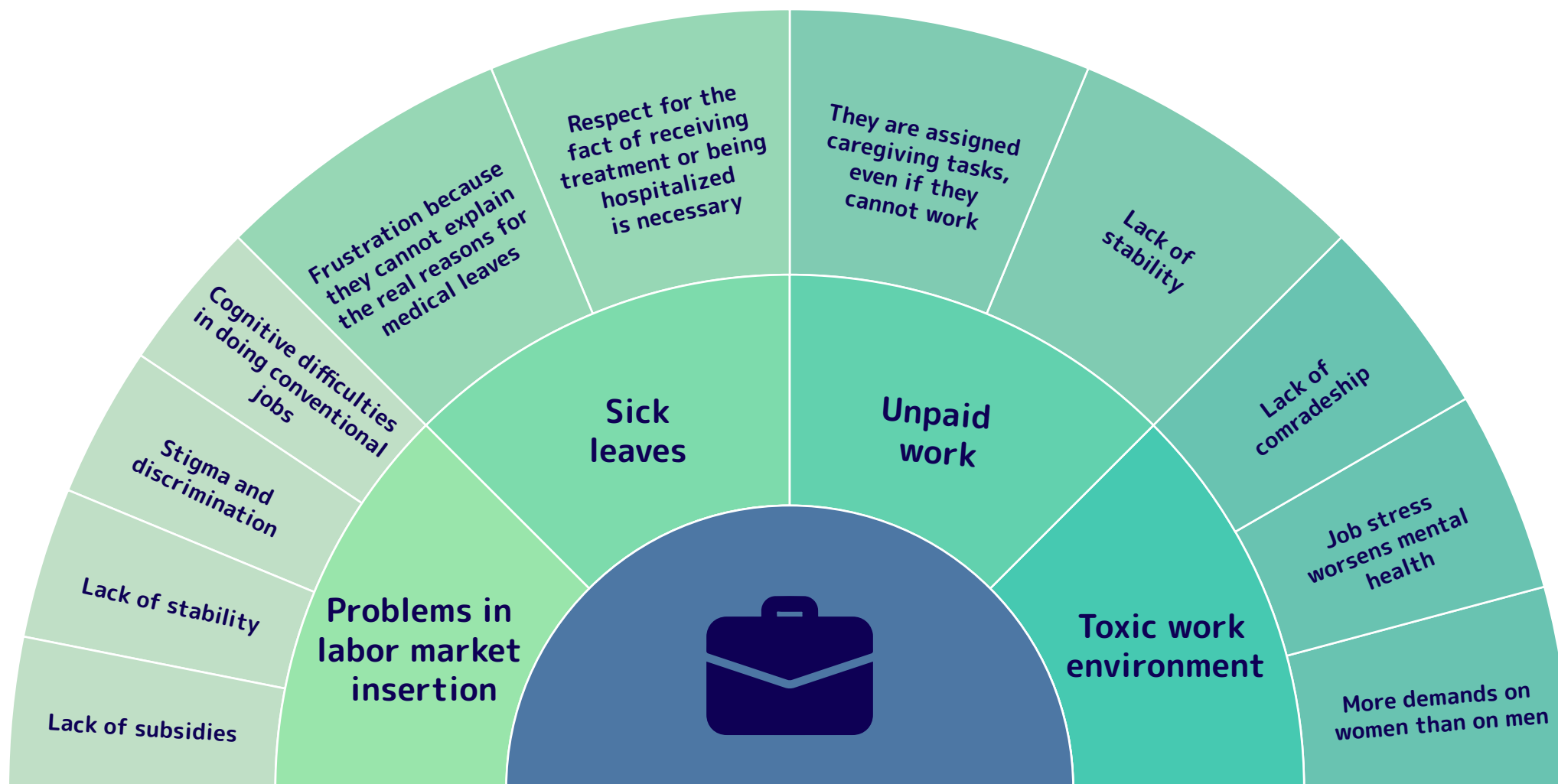




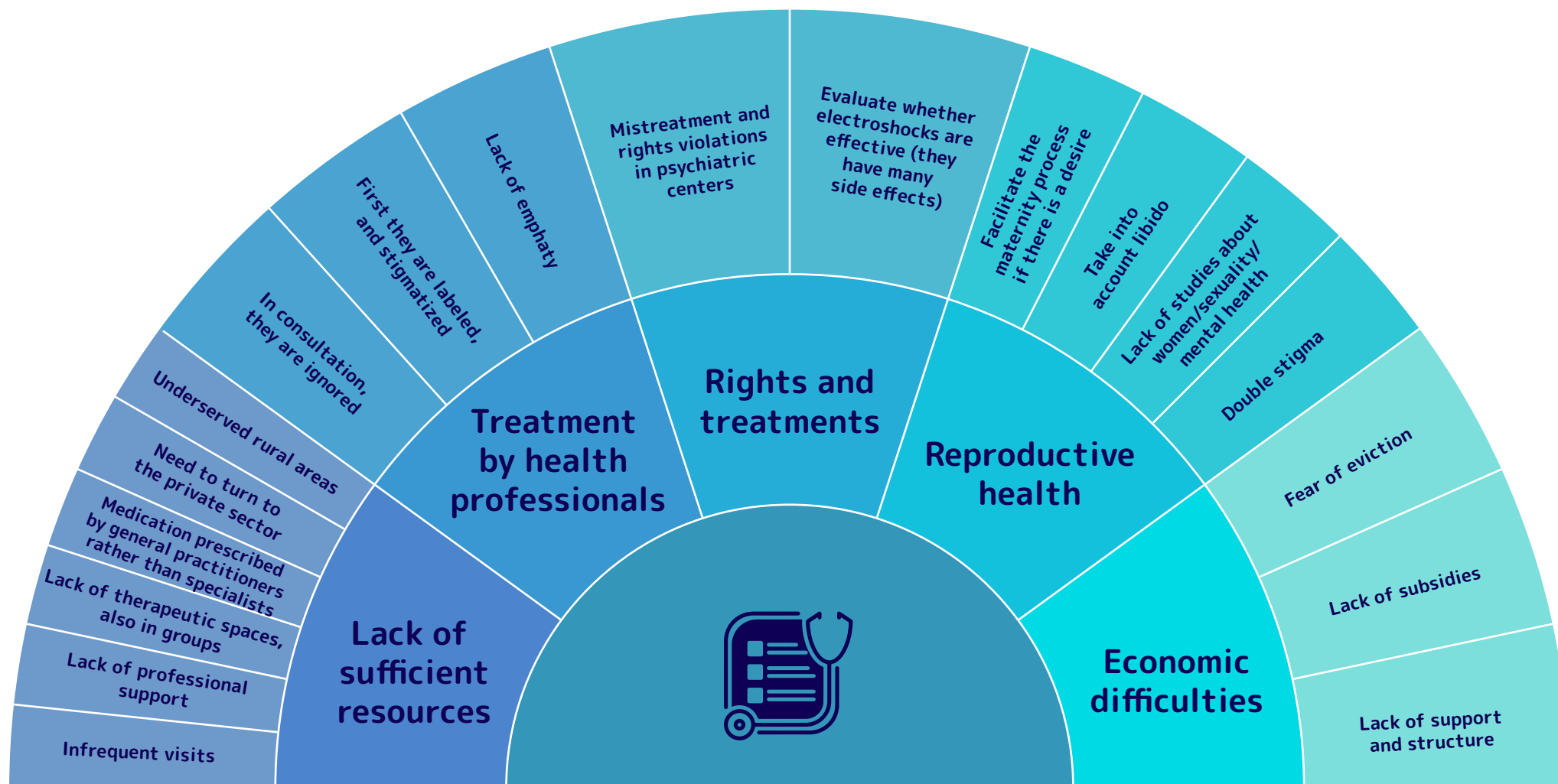
FAMILY DIMENSION



SOCIAL DIMENSION

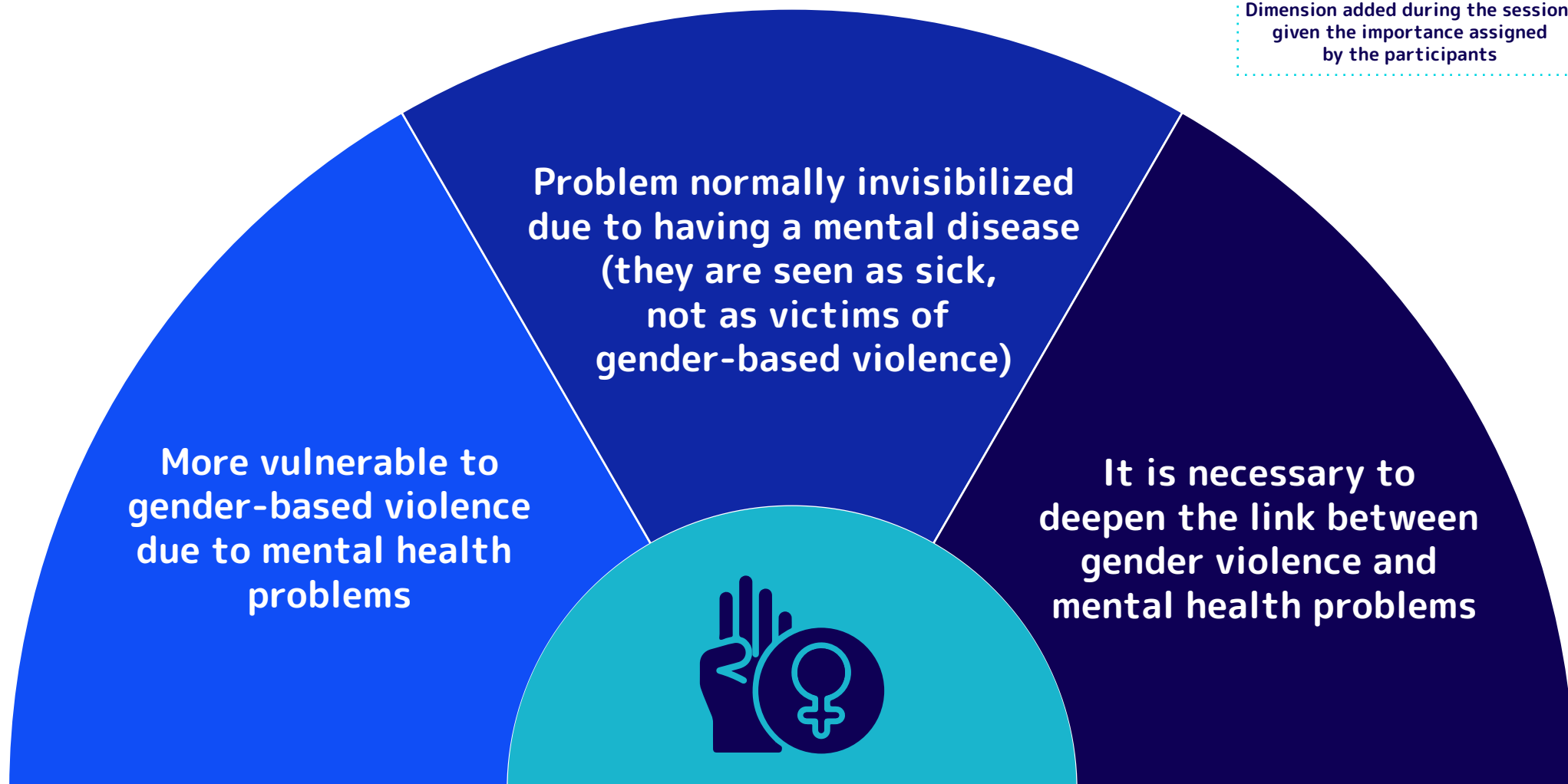


EDUCATIONAL, PROFESSIONAL & LABORAL DIMENSION



HEALTH AND SOCIAL SERVICES

Dimension added during the session,
given the importance assigned
by the participants



GENDER VIOLENCE



Conclusions

1

To be heard

They ask that their concerns and needs be taken into account. They want more personalized attention, more humane and empathetic treatment. Dissatisfaction with the health and social system and the treatment received by professionals.

2

Self-esteem reinforcement

They need tools to work on self-esteem, both to deal with physical issues and feelings of stigmatization and misunderstanding (from others and from themselves)

3

Breaking with stigma and discrimination

The feeling of lack of credibility has been generalized, as well as the difficulty of starting projects, such as motherhood, both because of the lack of facilities and professional support and the associated stigma

4

More resources and more professional support

Lack of professionals, especially in rural areas, and education. Desire for greater access to information, learning spaces and support, and improved health and social services

5

Gender roles and stereotypes impact

Gender stereotypes hit women with mental disorders even harder. In particular, having to face high demands to be involved in caregiving when they cannot, generates feelings of guilt

6

Gender violence

Women with mental health problems ask to study the link between mental health and gender-based violence, as these are two factors that they detect as interrelated. They feel more vulnerable to suffer gender-based violence and believe that it is often made invisible



Signatory participants



These are some of the women participants in the workshop who have shown their willingness and interest in appearing publicly as signatories of this report.

- **Irene Cumplido Gavalrà**
High school teacher and first-person activist. Photojournalist and full-time female poet.
- **Montserrat Aguilera Ruiz**
Activist for Mental Health, secretary of the Associació per la Salut Mental del Baix Llobregat Nord.
- **Raquel Montllor Linares**
Teacher, social educator, psychopedagogue, with more than 10 years of experience in the educational sector, master in special education and PhD Candidate in Clinical and Health Psychology at the UAB. ASD diagnosed woman at the age of 40. Activist.
- **Carmen Prieto**
Previously a nurse. Currently a mental health activist, dubbing actress in constant training, and a lover of painting, drawing, writing, film and theater.
- **Alicia Mendo Olmos**
Diploma in CCEE, graduate in BA and Labor Relations and Employment. First person activist in Activament, and previously also in the Associació de Familiars Malalts Mentals Baix Llobregat. Participant of the Recovery Groups (subacute) and the Ethics Committee in mental health of Sant Joan de Déu, as well as the Clúster Salut Mental Baix Llobregat. Collaborator of the program Ikigai of Ràdio Sant Joan Despí and former collaborator of Ràdio Sant Boi, Ràdio Cornellà and Com Ràdio.
- **Adelisa Herrada**
Mental health expert. Artisan of words.





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