

Partners/funders:



1 in 4 is coordinated by the Awareness Group, which is part of the Comprehensive Mental Health Plan of Andalusia, and whose members belong to the following agencies:

- Andalusian Federation of People with Mental Health Lived Experienced (En Primera Persona)
- Andalusian Federation of Relatives and People with Mental Illness (FEAFES-Andalucía Salud Mental)
- Andalusian Health Service (SAS)
- Andalusian Public Foundation for Social Integration of People with Mental Illness (FAISEM)
- Andalusian School of Public Health (EASP)

1 in 4 was initially funded by the Spanish Ministry of Health and the Regional Government of Andalusia. At present, it relies on the own resources of the regional government and the Andalusian federations of people with lived experienced and relatives.

Project period:

1 in 4 actions started in 2007 and since them, the activities are annually planned and developed.

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September 2017



1 in 4

The anti-stigma strategy in Andalusia (Spain)



www.1decada4.es



1 in 4: The anti-stigma strategy in Andalusia (Spain)

Vision and mission:

“1 de cada 4” (1 in 4) is a cross sector anti-stigma strategy, part of a global approach that includes the improvement of social & mental health services based on recovery and human rights principles.

The general aims of 1 in 4 are:

- Fight stigma, discrimination and human rights violation experienced by people with mental health conditions.
- Support people with lived experience and relatives in their recovery journey.

Main target areas:

The cross-sector actions are addressed to general population, young people, professionals from several sectors (media, health, social service, and police & other security forces), workplaces and people with lived experience and relatives. Also, 1 in 4 promote local actions based on social contact, with the leadership of users and relatives. Since 2011, actions have been taken to implement the UN Convention on the Rights of Persons with Disabilities (CRPD) within social & mental health services.

Main type of activities:

GENERAL POPULATION:

- Video-spots & Anti-stigma championships
- Video-documentaries (Stigma and mental health & Personal recovery experiences)
- Anti-stigma exhibition “Don’t judge by the face”
- 1 in 4 general campaign

WORKPLACE:

- Employment video-documentary
- Toolkits to support people with mental health conditions

MEDIA PROFESSIONALS:

- Recommendation guide
- Training workshop
- Media seminars
- Media observatory

HEALTH & SOCIAL CARE PROFESSIONALS:

- Human Rights & mental health awareness publication
- Stigma and general health video-documentary
- Personal experiences with staff in mental health services guide
- Stigma, human rights & recovery training courses

YOUNG PEOPLE:

- Awareness workshops in secondary schools “Let’s talk about it” & “Get minded”
- Training events with university students

POLICE & OTHER SECURITY FORCES:

- Training courses

PEOPLE WITH LIVED EXPERIENCE AND RELATIVES:

- Mental Health Advanced Directives procedure and guide
- Peer support group network
- Human Rights users’ guide
- Sports and physical activities initiatives
- Creativity & art activities
- Recovery & peer support training (Peer2Peer)
- Empowerment training programme (Prospect)
- Families’ Schools

LOCAL ACTIONS:

- Against Stigma Local Actions Awards

