

# Mur: «Anxiety and depression are increasingly the main reason for absenteeism»

The head of the SAAS Mental Health Service reasons about the impact these disorders have

EL PERIÒDIC  
ANDORRA LA VELLA

The Joan Alay pavilion in Andorra la Vella dressed up last Thursday to commemorate nothing less than World Mental Health Day, celebrated on October 10th, with the solidarity initiative called “Score a three-pointer” (“Marca’t un triple”). A milestone that brought together numerous authorities at the sports facilities, such as the general deputy secretary, Sandra Codina, as well as the Ministry of Health, headed by Minister Helena Mas, and members of the mental health area of the Andorran Service of Health Care, led by its head of department, Carlos Mur.

In this aspect, it is worth noting that a certain number of people attended the pavilion to participate afterwards in the friendly basketball game that was planned for the end of the day. Likewise, the Minister of Health read a short speech in the first instance to emphasize the importance of detecting

mental health disorders in time, «which often go unnoticed and are not properly treated». Then the head of mental health at SAAS reflected on mental health at work in a truly moving statement: «Every day anxiety and depression rise as the most important reason for absenteeism in our society», explained the person in charge.

On this, Mur made a claim that life «is not based only on work», and that we attribute importance not only to our physical health, but also «to our emotional well-being». The head of the mental health service of the Health Care Service remarked that these disorders «cannot be seen or touched, and this creates that they become like an invisible threat». Another relevant point in his argument was centered on a statistic that shows that in 12% of all workplaces in the world, there is at least one person who suffers from a mental health problem.

Otherwise, the head of men-



The head of the SAAS mental health area, Carlos Mur, during his speech.



**Carlos Mur**

NO SAAS MENTAL HEALTH SERVICE

«A lot of attention is paid to preventing physical occupational risks, but the same is never done for those that affect the mind»

tal health at the SAAS argued that there should be some trained professional «to detect early the signs of psychological disorders and thus prevent people from isolating themselves, crying and having to give up their jobs». Another study recently carried out in Spain, Mur recalled, indicates that a large number of workers in the banking sector need to take anxiolytics to cope with their day-to-day work. On the work side, Mur emphasized that in general «much has been done to always prevent physical occupational risks, such as trauma, falls or serious injuries, but the same has never been done for

mental health».

Continuing his line, the head of the SAAS mental health service offered all those present a series of advice aimed mainly at workers and companies with the aim of taking care of this psychological aspect. «Currently, with the sedentary lifestyle that affects many workplaces, exercising, having healthy habits, taking care of nutrition, showing tenderness and attention, and properly managing emotions can help us achieve a state of well-being that will make us more productive and happier at work», explained Mur. At the same time, he also stressed the importance of developing empathy and avoiding seeing colleagues as rivals: «On the part of companies, it is necessary to promote changes in infrastructure, such as guaranteeing access to natural light, establishing reasonable hours and promote work reconciliation. In addition, it is essential that everyone feels part of an organization and proud of the values it represents in order to be able to live the project with excitement», he stated.

Finally, the mental health day closed with the reading of a manifesto derived specifically for the world day and with a solidarity basketball match in which, among others, Minister Mas participated. ●

## Mas opens the door to review psychological services

The Minister of Health announces that the next addition to the portfolio of services will be neuropsychology, which analyzes cognitive function

EL PERIÒDIC  
ESCALDES-ENGORDANY

As part of the World Mental Health Day Conference, the Minister of Health, Helena Mas, considered the need to talk openly about mental health to break the stigma. «According to the WHO, one in four of us will suffer from a mental health illness or disorder. Therefore, let's make it visible, let's talk about it», emphasized Mas, insisting on the importance of facilitating access to the necessary resources.

During the conference, Mas referred to the inclusion, a year ago, of psychological services in the CASS portfolio, a change that has benefited more than 1,150 patients, who have made 6,000 visits. However, she acknowledged that there are still aspects to improve. In this regard, the An-



The Minister of Health, Helena Mas, during her speech on World Mental Health Day "Score a three-pointer".

dorran Association of Psychologists (Copsia) requested a review of the duration and cost of the sessions, currently set at 45 euros for 45 minutes, as well as other issues related to flexibility in the number of sessions and the bypass circuits.

In another order, Mas also informed that the ministry is working on the incorporation of

neuropsychology in the portfolio of services, a change that will be «a reality very soon», in addition to expressing his willingness to review the agreement with the CASS, clarifying that «we are open to reviewing the operating mechanisms». Apart from that, she also recalled that only 12 psychologists have an agreement with the CASS. ●

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