



THE NETWORK
TOWARDS UNITY FOR HEALTH



Facultad de Medicina



THE NETWORK: TOWARDS UNITY
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VIRTUAL CONFERENCE

"PRIMARY HEALTH CARE: A PATH
TOWARDS SOCIAL JUSTICE"

SYSTEMS AND COMMUNITY BASED
RESPONSES TO COVID-19

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TUFH 2020 Abstracts

Title	Suicide and Mental Health: a crisis call
Type	TUFHTalk <i>Building the Capacity of Future Leaders in a Socially Accountable World</i>
Presenting Author	Gerardo Andrés Vega Rosas
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Abstract N°	TUFH231
Content	<p>According to the World Health Organization, a suicide occurs every 40 seconds around the world, and for each suicide, there are more than 20 suicide attempts. In other words, a completely preventable death was not adequately attended, and in most cases, these patients had a previous and close meeting with a first-contact health provider.</p> <p>Within the third point of the sustainable development goals, health and well-being are considered, where mental health is directly included. There are precise strategies and plans regarding suicide prevention and treatment of mental illness. Empowering primary health care providers in psychoeducation and through transdisciplinary work are key in putting the proposed international action plans into practice.</p> <p>Raising awareness of suicide prevention in the training of undergraduate health students is vital for this empowerment, since the training of future transdisciplinary leaders and with a biopsychosocial focus will result in the necessary tool to combat these crises that not only affects an individual, but the entire community around.</p> <p>Due to the high incidence of depression and suicide, as well as its high social impact and the need to directly influence this topic, raising awareness in students in health areas is essential for empowerment in the prevention and early intervention of this deadly entity.</p>