



PSYCHOLOGY

Raising awareness of mental health among young people, Mur's challenge

The psychiatrist assures that the stress after the pandemic has accelerated the disorders

The same situation as last year is creeping into the country, increasing anxiety and depression

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There are more and more mental health problems especially in young people. What is it due to? From EL PERIÒDIC we spoke with the head of the SAAS Mental Health Service, Dr. Carlos Mur. The psychiatrist states that the problem of the increasing number of cases is multiple «because there are many diseases or mental disorders that depend on genetic or biological factors that are also associated with aging or other physiological processes», detailed the doctor Mur.

One of the most important causes of young people's mental health problems is the loss of a reference, which is usually a family member, since «the construction of the person is very weak because it is built according to the assessment made by other people». And also, in such a vulnerable age group as adolescence, and the emergence of social networks can cause a person's self-esteem to be affected when comparing themselves to their peers. For this reason, Dr. Mur wanted to emphasize the fact that «stress, self-esteem and fear are the three fundamental ingredients that, in a completely exaggerated way, lead us to suffer from mental disorders.»

These causes together with the pessimism generated as a result of the Covid-19 pandemic «doesn't help at all for teenagers who look to the world of adults as a reference to build their future», stressed the psychiatrist. In addition, from his point of view, he believes that «the loss of this motivation to live with order and creativity is what we are currently lacking».

The point we are in now with regard to mental health is due to different causes. First of all, the lack of adaptation to change because in the last 10 years the world has evol-



► File image of the head of the SAAS Mental Health Service, Carlos Mur.



Carlos Mur

HEAD OF THE SAAS MENTAL HEALTH SERVICE

«The loss of this motivation to live with order and creativity is what we are currently lacking»

ved so much that the human being has not been able to digest it easily. The pandemic and the accelerated transformation of new technologies has meant that we are not able to process everything we have experienced during the last decade.

Secondly, the frenetic pace we lead in our day-to-day life as a society, a model so stressful that «we have lost a little bit of what our basic values are». And in the third and last place, «the loss of the basic support network» also influences, a lack that has worsened in the last 20 or 30 years.

Mental health is an issue in which the stigma has been starting to break down for a few years now. Now, is enough committed to mental health? According to Dr. Mur, «mental health has so far been a bit of a Cinderella of the healthcare system», detailed the psychiatrist. Special attention has not been

given to this issue for various reasons, but Mur believes that «now is the time for people to develop an awareness of «we must attend to all this because it is a right and there will never be health without mental health».

Regarding this issue, Andorra is experiencing the same situation as a year ago, but the psychiatrist commented that «they are noticing an increase in stress», which means an increase in disorders such as anxiety, depression and, also, possibly a lack of adaptation for reasons such as those we discussed at the beginning of the article.

Regarding the so-called serious mental disorders such as schizophrenia and bipolar disorder, the prevalence in the Principality is stable although Dr. Mur explained that «we are noticing more the direct impact of all the more psychosocial factors on the mental health». ■

REPORT

Ask for help, the most essential thing.

Breaking the stigma is key to being able to leave behind the shame when it comes to explaining your situation

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Although talking about a mental health problem to your family or friends can cause a lot of shame or a feeling of disappointment to a very loved person, asking for help is very important and necessary to be able to move forward in what is stirring you inside. Faced with the uncertainty of whether to explain it or not, the head of the Mental Health Service of the Andorran Health Service (SAAS), Carlos Mur, has two messages for people who do not dare to express how they feel. First of all, it raises the following question: What do we have to lose? Probably nothing. When a person is in intense suffering or in constant anxiety, it is to consider 'why do we suffer unnecessarily when you could stop suffering?' An easy question to ask, but often much more difficult to visualize. And, secondly, Mur wants to break the stigma: «Our society is moving towards a maturity in which many people go to their psychiatrist or psychologist for therapy as naturally as they go to the endocrine, traumatologist or other healthcare professionals». A call for them to see that this has a positive impact. ■

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SUSTAINABILITY

Environment department receives 124 complaints during the year 2023

The main issues of the protests were abandoned waste and noise



► Abandoned waste has been the reason for the majority of user complaints.

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The Department of Environment and Sustainability received throughout 2023 up to 124 complaints, 95 of which were complaints and notices by telephone, email or social networks -representing 77% of the total- and 29 were photo complaints -which represent 23% of the total-.

The department, through the Environmental Prevention and Control Unit, is responsible for inspection and environmental control in matters of the atmospheric environment, noise, waste management, environmental impacts, wastewater, and surface water. It also manages denunciations or complaints made by the population related to the environment.

Of the 95 complaints received

by telephone, mail or social networks, 49% correspond to the area of noise (disturbances from smoke extraction engines, water pumps, aero thermic systems, music bars, excavation or demolition works, etc.); 25% are due to impacts on water (direct or indirect spills or discharges that reach surface waters); 14% represent questions related to waste (activities in which waste is managed incorrectly, accumulati-

Between 2019 and 2023, complaints and photo complaints have remained year after year around 120

ons of rubble or other types of waste in unauthorized places, etc.), and the remaining 12% are complaints relating to the atmospheric environment (nuisance from odors and fumes from commercial activities, from burns, dust generated during works, etc.).

On the other hand, regarding the 29 photo complaints received over the past year, 31% correspond to abandoned waste, 24% are for surface water pollution (direct or indirect spills or discharges that reach the water), another 24% is related to other aspects that affect the landscape (such as degraded natural areas, streets and roads in poor condition, etc.), 17% are due to effects on the atmospheric environment (smoke, dust, excessive lighting, etc.), and the remaining 4% refer to noise nuisance.

From the Executive, however, it is indicated that photo complaints that are of municipal competence are sent to the corresponding Municipality to take the necessary actions to resolve them, and those that are the responsibility of the Government are worked on in the Department of Environment and Sustainability. Of the 29 photo complaints received in 2023, 16 were under municipal jurisdiction and 13 under Government jurisdiction. In this sense, the Department of Environment and Sustainability resolved 11 of the 13 photo complaints received in 2023 that are the responsibility of the Government. The resolution of the remaining two is ongoing and it is hoped to be able to close them in the shortest possible time.

Evolution of complaints/ Between 2019 and 2023 the number of complaints and photo complaints received has remained around 120. Complaints related to noise nuisance are the ones that show the greatest increase (in 2019 there were 21 and in 2023, 48); and those related to waste are the ones that have decreased the most (in 2019 there were 40 and in 2023, 22), reports the ANA. ≡

MOBILIZATIONS

Traffic remains open at Pas de la Casa

Farmers threaten to close traffic again next weekend

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During last Sunday, traffic was restored to enter Andorra from France via Pas de la Casa. Thus, the Department of Mobility reported through the X social network at around 4:30 p.m. that traffic at the level of the N22 crossing and the RN320 (Croisade area) is re-established in both directions after the blocking of the farmers' protests that are taking place in France these days.

Thus ends a weekend with restrictions on the part of the demonstrators, who have affected Pas de la Casa. The French farmers cut off Andorra's access to the Hospital on Friday morning, specifically around 10:00 a.m. And it was ear-

ly in the morning when a group of farmers with tractors blocked traffic at the Crossroads of the Croisade. And the fact is that throughout the weekend traffic was completely closed to access the RN-22 in the direction of Andorra. In the direction of France from the Principality, however, the farmers allowed some vehicles to enter little by little.

These protests generated in France were due to the delay in the delivery of public policies, the subsidy for agricultural diesel, the prices that the agro-food industries drive to farmers and the implementation of new environmental rules that prohibit pesticides.

They are also asking for insurance against drought, like the one they suffered last week, to be effective. For this reason, the spokesman for the farmers of French Cerdanya, Christian Tallant, ex-



► Image of Croisade road, last Sunday.

Circulation was closed to access the Principality, but it was possible to enter France little by little

plained yesterday to RTVA that «we will withdraw this afternoon, if by Wednesday afternoon we do not have an answer to what we have said, from Friday we will be back here», informed, and asked for help from the Andorran state: «We hope that Andorra will help

us, that they call Paris and tell them that you have to fix this», since «it cannot be that the businesses of Pas de la Casa remain so shocked by that.» And it is that during this weekend restaurateurs in Pas de la Casa and traders have been quite affected by these protests. ≡