mentality

1. THE MAP OF SUPPORT BY LEAGUE FOR MENTAL HEALTH, SLOVAKIA

Liga za duševné zdravie
member of Mental Health Europe

CONTEXT

The COVID-19 pandemic exposed longstanding gaps in Slovakia's mental health care system, emphasizing the urgent need for expanded capacities, integrated services, and improved coordination. Many individuals across the country, especially vulnerable groups, face barriers to accessing mental health resources.

KEY OBJECTIVES

- Reduce **stigma and isolation**
- Improve **collaboration** among mental health service providers
- Increase **awareness and utilisation** of mental health resources

TARGET POPULATION

- Individuals in vulnerable situations Healthcare workers, paraprofessionals, and service providers.
- Ukrainian refugees
- General public

IMPLEMENTATION PROCESS

- SANA framework
- Stakeholder engagement, including Council for Mental Health, Ministry of Health, NGOs, Unions of psychologists and psychiatrists.
- Platform design & development
- Website redesign and launch on 16 May 2024

KEY ACTIVITIES

- Database development: bottom-up approach
- Hundreds of events
- Nationwise awareness campaigns
- Partnership between formal healthcare and community-based support services

KEY OUTCOMES AND IMPACTS

- 1,000 providers & 60 events (Jan 2025)
- 130 providers & 33 events (Ukrainian section, Jan 2005)
- Search criteria: age, themes, region
- Qualitative feedback: user-friendly, accessible, targeted

CHALLENGES & MITIGATION STRATEGIES

- Technical complexity › systematic maintenance
- Resource-Intensive upkeep › regular communication & detailed specification

AREAS OF SUCCESS

- User-Friendly Design
- Improved Accessibility
- Awareness and Stigma Reduction
- Community Engagement
- Timely Assistance

CONCLUSION

The **Map of Support in Slovakia** has emerged as a critical tool in addressing mental health care gaps.