

HOW TO ACCESS

The way to access to mental health community units is the **general practitioner** and/or **pediatrician** of **primary care**, who, when considers appropriate the intervention of professionals specialized in mental health, refers the person to the Community Mental Health Unit corresponding to his/her place of residence. Once it is completed, the referent professionals will suggest the patient and his/her family an **Intervention Plan** that will include objectives and therapeutic strategies such as referral to another specific device belonging to Mental Health UGC if needed, or they will be guided to other community resources that may be more appropriate.

Sometimes, the access to our centers is done through **Hospital Emergency Services**, and on an exceptional basis, through referrals from other public bodies.

Websites of interest:

www.sas.junta-andalucia.es
<https://www.hospitaltorrecardenas.es/>
www.1decada4.es
www.faisem.es
<https://www.enprimerapersonaandalucia.es/>
www.feafesandalucia.org
<https://consaludmental.org/>

ABOUT US

Mental Health Clinical Management Unit

TORRECÁRDENAS
Hospital Universitario

OFFICE LOCATION

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WHO WE ARE

The Mental Health Clinical Management Unit (UGC SM) consists of a network of health devices that offer specialized and integral care to people suffering from mental health problems in Almería. It is made up of the following devices:

Community Mental Health Units (USMC): First level of specialized outpatient mental health care with which the rest of the mental health care services are coordinated with. Currently, there are three:

USMC ALMERÍA (Telephone number: 600159590)

USMC EJIDO (Telephone number: 600 166204) and USMC ROQUETAS (Telephone number: 950 037209)

Child-Youth Mental Health Unit (USMI-J): It develops specialized programs for the mental health care of the child and adolescent population, on an outpatient basis and full or partial hospitalization (Telephone: 950-005029).

Mental Health Rehabilitation Unit (URSM): Its objective is the recovery of social skills and the social and labor reintegration, on an outpatient basis, of patients with severe mental disorders (Telephone: 950 017290).

Mental Health Day Hospital (HD): Partial hospitalization device that is configured as an intermediate resource, between the community mental health unit and the mental health hospitalization unit. (Telephone: 950 017290).

Mental Health Hospitalization Unit (UHSM): It serves the mental health hospitalization needs in acute crisis situations (Telephone: 950 004337).

Therapeutic Community of Mental Health (CT): Its purpose is the intensive treatment of patients with serious mental disorders who require specialized mental health care, in a regime of full or partial hospitalization, for a long time (Telephone: 950 017240).

Professionals from different disciplines work in all the devices: Psychiatry, Clinical Psychology, Nursing, Social Work, Occupational Therapy and Administrative Management.

WHAT WE DO

We address the needs of patients and families for their recovery, through pharmacological and psychosocial treatments (support and counseling, individual, family or group psychotherapy, rehabilitation, nursing care, occupational therapy, counseling and social support, etc.). Our work is carried out taking into consideration:

Respect for people's privacy and confidentiality

Follow-up of recommendations of Integrated Assistance Processes

Encouraging the exercise of the patient rights with regard to free choice of specialist, second medical opinion, substitute decision-making, advance living will, information and informed consent (Electro Convulsive Therapy)

As a general rule, care is provided in the corresponding health center; however, on some occasions, if necessary, it can be provided at the patient's home.

In addition to direct healthcare, we provide advice and support to primary care professionals on the mental health problems of their patients, we participate and collaborate in health education and social integration programs for patients with severe mental illness with different agencies, institutions and non-health entities, such as town halls, family and patient associations, schools, etc.