LEGAL FRAMEWORK

Ley 1616 de 2013

Ley de Salud Mental

Esta ley es fundamental para el abordaje de la salud mental en Colombia. Sus objetivos principales incluyen:

• Promover la salud mental y prevenir los trastornos mentales: Se busca fomentar la salud mental positiva y prevenir trastornos como la depresión a través de campañas de educación y promoción.

• Garantizar la atención integral: La ley establece la necesidad de brindar atención integral a las personas con trastornos mentales, incluyendo servicios de diagnóstico, tratamiento, rehabilitación y seguimiento.

• Protección de los derechos humanos: Se asegura la protección de los derechos de las personas con trastornos mentales, evitando la discriminación y promoviendo su integración social.

Law 1616 of 2013

Relevant articles:

• Article 3: Defines mental health and establishes its importance within the health system.

• Article 9: Details the rights of people with mental disorders, including access to adequate health services and protection against discrimination.

Law 1438 of 2011

Reform to the General Health Social Security System

Although this law is broader and addresses various areas of the health system, it includes important provisions for mental health:

• Strengthening primary care: Promotes the integration of mental health in primary health care, which facilitates access to services for the early diagnosis and treatment of depression.

• Preventive approach: Promotes mental health promotion and prevention activities, recognizing the importance of addressing risk factors associated with depression.

Decree 3039 of 2007

National Public Health Plan 2007-2010

Although this specific plan is no longer in force, it laid the foundations for the integration of mental health into public health policies. The decree included:

• Promotion and prevention strategies: Established specific actions to promote mental health and prevent mental disorders, including depression.

• Comprehensive care: Underlined the need for comprehensive and continuous care for people with mental disorders.

Resolution 4886 of 2018

National Mental Health Policy

This resolution establishes the National Mental Health Policy, which:

• Develops and implements programs and services: Aimed at promoting mental health and preventing mental disorders.

• Promotes research and training: In mental health to improve understanding and management of conditions such as depression.

• Includes community participation: To promote healthy environments and support people with mental disorders.

Other Instruments and Programs

• Ten-Year Public Health Plan 2012-2021: Includes specific goals and strategies to improve the mental health of the Colombian population.

• Local and regional strategies: Various cities and departments have their own specific programs and policies to address mental health, adapted to their particular contexts.

Foundations:

Santa Fe de Bogotá Foundation

• Description: The Santa Fe de Bogotá Foundation is one of the most prestigious health institutions in Colombia, which has an area dedicated to mental health. They offer treatment and prevention programs for mental disorders, including depression.

• Services: Psychiatric evaluation and treatment, psychotherapy, support programs for patients and their families.

2. Saldarriaga Concha Foundation

• Description: This foundation works to improve the quality of life of older people and people with disabilities, including those who suffer from mental disorders such as depression.

• Services: Psychosocial intervention programs, training and training, support for community projects.