

## **ATELSAM maintain family care program with support of Fundación Cepsa**

- **More than 60 families benefit from the `Cuidando de mí` project**

The Tenerife Association for the Fight for Mental Health (Asociación Tinerfeña de Lucha por la Salud Mental, ATELSAM) has been able to maintain its family care program thanks to the Social Value Awards of Fundación Cepsa. This project was one of the winners in the Canary Islands in the 2016 awards.

ATELSAM seeks to improve the quality of life of people affected by mental illness, as well as their families. ATELSAM has looked after more than 60 families this year through the `Cuidando de mí` project, supported by the Fundación Cepsa, using a personal and professional approach to change people's views about family members getting back on the path to recovery and regaining their status in their communities.

ATELSAM has carried out training workshops, self-help sessions, social awareness campaigns, self-care workshops, has created a learning community among affected families, arranged leisure activities to allow families to have a break, and many other initiatives, thanks to the financial endowment of the Fundación Cepsa solidarity program.

The Chairman of ATELSAM, Tomás Martín, the manager, Ana Concepción, and the psychologist in charge of the development of the winning project, Attasara Cairós, presented their work to the director of Cepsa in the Canary Islands, José Manuel Fernández-Sabugo, and to the head of Fundación Cepsa in the Islands, Belén Machado, who visited the ATELSAM headquarters in Santa Cruz de Tenerife, accompanied by the project sponsor, José Quintana, a Cepsa professional at the Tenerife Refinery.

In the words of Tomás Martín, "we believe that working with the household from a positive perspective of empowerment, support, social inclusion and diversity is a great tool to overcome the social barriers that still exist today. The project is vital because mental illness causes a great burden for family members, who need specific support and care in order to be able to face the situation with the minimum possible emotional cost. That's where ATELSAM can help them, and it can help a lot."

For José Manuel Fernández-Sabugo, "the family is essential for everyone, but even more so for people affected by a serious mental health problem. When

the disease appears there are important changes in the family structure, and ATELSAM's training and accompaniment, promoting their welfare, is crucial for them to get a proper balance."

Fundación Cepsa is committed to accompanying the entities that are awarded the Social Value Awards every year, to get to know *in situ* the activity they carry out and to show them their support.

Candidates can apply for the 2017 Social Value awards until 5 October. Terms and conditions at [www.fundacioncepsa.com](http://www.fundacioncepsa.com).

**Fundación Cepsa** is a general interest, non-profit entity with the goal of undertaking initiatives to serve the needs and priorities of the local communities where its founder, COMPAÑÍA ESPAÑOLA DE PETRÓLEOS S.A.U. (Cepsa), conducts its activities. The areas of action for Fundación Cepsa are social, cultural, environmental, scientific-educational, and support for amateur sports.

**Fundación Cepsa**

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