

## The blog written by mental health patients of the Virgen Macarena Hospital triumphs on the Net

**LOCATION:** Seville

**DURATION:** 1'44"

**SUMMARY:** Therapists and patients from the Mental Health Rehabilitation Unit of the Virgen Macarena Hospital in Seville, started together an adventure in 2008 that has exceeded their expectations. They created a blog to express themselves and speak about their emotions and what it is like to live with a mental disorder. This blog has already received over half a million visits and has awakened a literary vocation in some of its authors.

### VTR

When Silvia writes, she talks about emotions.

**SILVIA PÉREZ**  
Rehabilitation Unit patient

*"Or friendship, love, everyday things."*

He is José and he writes too, mostly cinema reviews. He does it because he likes it and also to make a point.

**JOSÉ CUADRADO**  
Rehabilitation Unit patient

*"That I am not a hindrance to society, so to speak."*

Because José, Silvia and the rest of their colleagues of the Mental Health Rehabilitation Unit of the Virgen Macarena Hospital in Seville, live with a mental disorder.

**BACKGROUND:** "What is your next article Antonio?"  
"More positive thoughts."

Together they embarked on an adventure that has the shape of a blog in 2008. This one. And this adventure has already received over half a million visits.

**ALFONSO CALERO**  
Occupational therapist

*"It helps them make a self-examination exercise and express what they feel, because they have a space away from the stressful daily routine. They can sit down and relax, and reflect about themselves."*

Writing doesn't heal, but it's a great relief. They talk about their disorders on the blog.

**SILVIA PÉREZ**  
Rehabilitation Unit patient

*"But mostly about my improvement too. To share my experience with my colleagues."*

**JESÚS OCAÑA**  
Rehabilitation Unit patient

*"I try to link the disease with Physics, Mathematics, what I studied."*

People affected by mental disorders who write about what they like or what worries them to prove that they are not weirdos. Neither them, nor the one million people who live with this type of disorder in Spain. That's why they aim to...

**SILVIA PÉREZ**  
Rehabilitation Unit patient

*"To get rid of the stigma".*



The blog has also encouraged José Cuadrado, a cinema enthusiast, to write his first novel. It's called 'Mologue in a neurotic way'. Coming soon to book shops.