

## Controlling the state of mind and medication of mental illness patients with an app

**LOCATION:** Cordova

**DURATION:** 1'42"

**SUMMARY:** The Family and Mental Illness Association of Cordoba (Asaenec) has developed with the support of the Cajasur Foundation, and the business Singlab a free Android app, available on Google Play, which allows help and care networks to be created by family, friends and specialists.

**VTR:**

One out of every four people in Spain suffer from a mental illness throughout their life. Knowing exactly their state of mind is fundamental to helping them. The Family and Mental Illness Patients Association, Asaenec, has developed in Cordoba, a tool that facilitates this.

**Susana Luque**  
**Asaenec Managing Director**

*"It facilitates both for those with mental illness and their families, the creation of a support network formed by friends, acquaintances or specialists. And its second use is an alarm which reminds you about when to take medication, appointments, medical or professional."*

The aim of this app is to mitigate the social isolation of mental illness patients and know how they're feeling with continuous tracking.

**Rafael Ruiz**  
**Asaenec Psychosocial Area Coordinator**

*"To us the app looked like an interesting tool for having them individually tracked and to see what emotional condition they're in."*

Through the sending of emoticons with positive and negative emotions, a connection in real time between the user and their support network is established.

**David Suárez**  
**Asaenec Monitor**

*"At any moment with a mobile phone which every day they can have at hand like any other person, they can apply for aid and the aid can be lent. They can't feel alone, they can express how they feel, how they are."*

**José Molina**  
**Asaenec User**

*"It's quite an interesting app for us. There's the possibility of you seeing a psychiatrist or a medical specialist in this case a psychologist, and for three months they track your condition, how you're feeling."*

This app can be used with to other especially vulnerable groups which need constant attention.

**Susana Luque**  
**Asaenec Managing Director**

*"It can be used by people with mental illness or any type of disability, who need help or are sick."*

The Asaenec app offers both its users and family members immediate responses to their demands, providing real time solutions from the professionals involved.

For more information or support please email [info@andalusianstories.com](mailto:info@andalusianstories.com)