

Victoria Kent, a training and safe space to talk about mental health

- **The entity, winner of the 2022 Social Value Awards, organizes training workshops at its headquarters in Algeciras for parents and legal guardians**

Fundación Cepsa visited the Victoria Kent Progressive Women's Association, winner of the 2022 Social Value Award for its project to improve mental health care for young people and adolescents.

The *Sanitatem mentis* project: *Raising awareness about mental health among young people and adolescents*, which they do at their headquarters in Algeciras with the aim of raising awareness about mental health in childhood and adolescence, educating and training parents and legal guardians on emotional management and conflict resolution, learning about the importance of mental health in childhood and adolescence, and acquiring tools and providing knowledge on the signs that a problem exists and the various existing resources. This is done through training and informative workshops for family members so that they can face and improve how they handle cases of depression, anxiety, behavioral disorders, suicide alerts, and conflicts, among others. Although the initial objective was to directly benefit 30 people, Victoria Kent has already reached that number even though there are still two months until the end of the program.

Estrella Blanco, head of Fundación Cepsa, who made this visit alongside the Victoria Kent sponsor, the Cepsa professional in San Roque Francisco Javier Jiménez, stressed "the need for this program, since mental health is a serious problem in society today and parents must know how to manage these situations and what resources are available to them. Thanks to Victoria Kent they now have this training space."

The Social Value Awards

These awards are one of the stand-out initiatives of Fundación Cepsa. The aim of the awards is to provide support to individuals, associations, and underprivileged sectors of society so as to foster a spirit of solidarity and promote educational and sustainable development through the involvement of Cepsa staff, who sponsor the programs that the associations of the Campo de Gibraltar region submit as candidates to receive the Social Value Awards. The period for submitting entries to the 2023 competition will start in September.



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Fundación Cepsa is a general interest, nonprofit entity whose aim is to carry out initiatives that serve the needs and priorities of the local communities where its founder, Compañía Española de Petróleos S.A. (Cepsa), conducts its activities. The areas of action for Fundación Cepsa are social, environmental, and scientific-educational.

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