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Short URL: budget for mental health could help finance policy that slow the effects of the Covid19 in the population. Based on the needs of mental health, it is necessary to include the prospect of son-in-law, improve the distribution of resources to promote community actions and encourage the use of telemedicine. By 2021, the amount proposed for mental health is 3 thousand million pesos (MDP), a 9.6% cut compared to that exercised in 2013; 3.4% of this budget is linked to telemedicine actions. In the secretariat of the Sanit  (SSA), 1.7% of clinics and hospitals have telemedicine tools. Fear, concern and stress are normal reactions to real threats or perceived before a context of uncertainty (WHO 2020C). Currently, together with the fear of contagion, changes in social dynamics, work and school environment impact on social and environmental mental health determinants (WHO 2012). Physical isolation could increase levels of solitude, depression, harmful consumption of substances and self-alburement (WHO 2020B). The economic crisis has meant job loss for 1 million 025 thousand people (IMSS 2020) and, from the genocous point of view, confinement has caused an increase in the workload of women by the activities of the house and of the Work, as well as a risk of violence (OAS 2020). Mental health must be at the forefront and center of national responses to the Covid19 (United Nations 2020). The goal of this survey is to identify the budget for mental health, as well as its relationship with the number of consultations, physical and human resources with which the Covid19 is facing. Mental health in Mexico in 2018, mental disorders hit 15 million Mexicans. About 25% of people between 18 and 65 he presented some mental health problems and 3% of this percentage sought medical attention (SSA 2018). Mental disorders of depression and anxiety have been the main cause of APD1 with 7.6% and 3.5% of the total, respectively (WHO, OPS 2.018). According to the United Nations, women are more prone to men to suffer from depression and anxiety (2020). In Mexico, 2013-2019, women participated, on average, 19.8% more than men at first-time consultations relating to mental health and 5.3% more subsequent consultations are observed in the following figure: the case of consultation of women present emotional and / or mental disability was, at 31.3% of cases, for violence, while for men, the same cause represents 2.8% of consultations. During the first half of 2020, 306 thousand 918 mental health consultations were recorded compared to the same period in 2019 (DGIS 2020). Eight out of ten consultations that cemented to allow correspond to the subsequent consultation. Budget for mental health Medium and high-income countries date 2.4% and 5.1%, respectively, of their health budget for mental health (WHO, OPS 2.018). From 2013 to 2021, M f   Xico assigned, on average, 2.1% of the SSA3 budget. EN 2021, it is proposed to allocate 3 thousand 031 MDP. 2.1% of the total SSA. This represents 9.6% less than in 2013 and 0.1% less than approved in 2020, in real terms, it is observed in the following figure: EN 2021, two programs represent 89.7% of the budget for mental health: Prevention and attention to Addictions4 and attention to Health5, this is observed in the following table. 50% of the mental health budget is assigned to psychiatric hospitals6 and, as observed in the following figure, concentrated 96.9% of pschecatries, 54.4% of psychiatric methods and 11.4% of SSA psychologists . A geographical concentration of mental health services is also presented, since, according to data Inprfm, Ma   xico xico With 49 psychiatric centers of the health sector, of which 12 in Mexico city. A way to increase access to mental health services is through telemedicine (WHO 2020A). From 2013 to 2019, the consultations of psychiatry through telemedicine decreased by 87.3%, have gone from 70 thousand 396 in 2013 to 8 thousand 932 in 2013. In 2021, 3.35% of the amount proposed for Mental health is related to telemedicine. Final comments in front with the current context of the Vocid19, the mental health budget is relevant and could help reduce the effects of the pandemic in mental illness. However, the budget proposed in 2021 is 9.6% lower than that exercised in 2013 and 0.08% lower than that approved by 2020. The reduction of the budget for mental health, as well as the concentration of economic problems, Human resources and materials in hospitals psychiatrists could limit the actions of mental health of the Community (who 2011). Furthermore, the attention of mental health problems requires a generic perspective, since women are more likely to undergo depression and anxiety compared to men. Including the prospect of the attention, improving the distribution of resources and nearby health services through telemedicine are some of the recommendations that apply to the Mexican case (Chi 2020a). "I heard a lot of vergun and it was very difficult for everyone," says Maria, after a long break. "My family didn't know how to treat me, nobody in my house was talking about what happened to me and took me to accept," says the psychologist. 45 years old. The trigger was a coaching session five years ago in which the pressures you had saved for a long time ago. Having children, Marry     , - | The pressures have become delusions, hallucinations and stopped to sleep for several days. After not seeing a psychiatrist in life and had been hospitalized, the shot came stronger: they had been diagnosed with bipolar disorder. "My life has been completely paralyzed." "You're constantly signed: 'Ahi comes crazy, crazy comes," says Esteban. "Who wants to be close to someone who is wrong?" He asks for this painter of 36 years. The predilection from the routines, the somatization of concerns and the anguish of him accompanied him most of his adult life, but it was up to two years ago, who was told that he had an obsessive-compulsive disorder. He and Mar fua are not known, but both asked the anonymity. "Mentally ill". Label slab is too heavy, especially in Mexico, the second country in the world with more stigma towards and among people with psychiatric disorders, according to an analysis that has been published in 2016 by the mental health survey carried out by the organization World Health (WHO) in the five continents. Proected ideas are not valid only among patients and their relatives, even in most of the medical staff. In Mexico there are only 4,393 psychiatrists, a rate of less than four doctors per 100,000 inhabitants, and less than 2% of medical students choose this specialty, according to a report published in 2016 at the Autonomous National University of M ...   XICO and the National Institute of Psychiatry Ram n de la Fuente (inPrf). Gina Chapa, one of the co-authorities of the document, reports the same problem: "In Mexico there is still very strong stigma towards psychiatry, which is still a card." There is a lot of little knowledge of suffering and a lot of denial, the image we have of psychiatry is that of a terror film, when a mental illness is a disease like the others," explains Gabriela Camera, president of the Voice group for mental health. It is not only discriminating or isolation. Vergunanza and disinformation are so extended that many do not know where to seek help or have Through doctor until it does not have a diagnosis. Daniela, 17, went through eight specialists. One told him that she had psychosis, another who has undergone an upheaval limit of the personality and the others asked him to "earn her" her. "My family did not know what to do with me, had a plan to commit suicide and kill to stop being a burden," says the student, who has finally been diagnosed with depression. The stigma is not the only problem. The study by sheets and colleagues signs that six out of 10 psychiatrists are concentrated in the three most populated city of the country: the capital, Monterrey and Guadalajara. There are states like Tlaxcala and Zacatecas, who each have more than a million inhabitants, but less than 10 active psychiatrists and one psychiatric hospital of the 33 that exist in the country. "My daughter and delayed for two hours to go two hours to return whenever she had a consultation," recalls Juana Ponte, 65, who lives in Santa Marta Acattila, a popular suburb of the Mexican capital. the cost of a private psychiatric consultation in Mexico varies between 500 and 1,500 pesos (between 25 and 75 dollars), inaccessible for a country with more than 53 million poor and more than 27 million workers who earn two minimum wages per month (5300 pesos, \$ 265) or less, according to official data. Daniela left the drugs, because   6,000 pesos (300 dollars) a month they had to pay her mother became an unbearable burden. Maria spends 10,000 pesos (500 dollars) per month in medical and drugs, and should be based on her partner and her parents. Esteban has reached an agreement with his therapist and his psychiatrist for advice in exchange for paintings and resort to drugs to treat gender. Otherwise, you will have to pay 12,000 pesos (600 dollars) per month. "It would be impossible," she resumes. Only one in five Mexicans with a psychiatric condition receive private medical treatment facilities almost never cover those suffering and those who can pay a specialist are not. Most people suffering from a psychiatric illness, approximately 17% of Mexicans according to most estimates, they must go to public health services. "My family did not know how to treat me, no one has spoken from what happened to me, and it took me years to accept that" the bad diagnosis and the fear of being treated that psychiatric hospitals have to offer chronic treatments and expensive, says Shoshana Beronzon, INPRF researcher. "We have an inverted funnel," Berenzon explains: "Many people in specialized hospitals when the problem is already serious and little that goes to the top levels of attention, clinics and health centers." The CODEL of mental health difficulty of access is just one in five Mexicans have access to psychiatric treatment, according WHO.The problem BERENZON should hang the system that exists in the country, with few entrances and poorly distributed. The government this year has allocated about 2.2% of the health budget for psychiatry, about 2.8 billion pesos (just over a dollar per capita) and less than half of the minimum recommended by the WHO. 80% of money for psychiatry is spent on hospitals, from payroll and maintenance of health care centers. Maybe prevention, information campaigns, survey? They must petition with the remaining 20%. The yield data that nearly three out of 10 Mexicans have suffered from a mental illness in their lives and that anxiety disorders (14.3%), the use of substances (9, 2%) and affective disorders (nine , 1%) are the most common, in line with the National Psychiatric Epidemiology Survey, which was released in 2003. Although there are other These are the latest available data that are representative of everything. The Inprf was unable to update it due to the lack of resources. "Mental health is a watchmaking bomb, which has not been given the importance it deserves", feel sheet. And even if you begin to flip to see more than the problem of psychiatry, the needs are increasingly urgent, especially at natural disasters like earthquakes that hit the country last year and the wave of violence that sank Mexico in The smallest period of the last three other decades.The Inprf has calculated that one in five affected by the earthquakes required psychiatric care, especially post-traumatic stress, and the army recognized that at least 305 soldiers suffered from anxiety and depression during the first 10 years of war against drug trafficking. Another alarm point is suicides, which have increased by almost 50% between 2006 and 2016.       - "has passed from 4,277 to 6,370 houses  , -" and are already the third cause of death Among young people aged 15 to 24, according to official data. Depression is the next big challenge. In two years it will be the main cause of disabilities in Mexico and the second in the world, according to the WHO. There will be no disease starting from 2020 which makes these who suffer from any other lives. The specialists agree that the solution not only happens giving more resources for the sector, but to strengthen the first levels of attention and prevention, integrate psychiatry to the general health system and terminate the misinformation and prejudice that permeate in the Mexican society. "At the center of the discussion, our quality of life is our quality of life and how we can guarantee a dignified life for millions of people," said phrase room. "Imagine all the problems that would allow us to save if things have changed and we knew ourselves a little more," says Esteban. Esteban.

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