



Associação de Apoio aos Doentes
Depressivos e Bipolares

IPSS de utilidade pública com fins de Saúde

«What is ADEB?»

Translation: Renata Frazão
Clinical Psychologist – ADEB, Lisboa

Health and Social services provided by ADEB (Association for support of Depressive and Bipolar Patients) What is ADEB?

ADEB is a non-profit social solidarity private association, with its headquarters in Lisbon and offices in Coimbra and Porto. ADEB has several partnerships established with other entities, and focuses its action in the support of people with depression or bipolar diagnoses, associated comorbidities, and their families. Its members include also medical doctors, psychologists, nurses, social workers and other mental health workers. In December 2020, ADEB had 611 members, nationwide, and 4.800 plus affiliates, making ADEB Portugal's biggest mental health association.

ADEB's main goals are:

- Implementing services of continued integrated mental healthcare for people with depression, bipolar disorder and other associated comorbidities which result in a psychosocial incapacity, and that, for these reasons, are more dependent. This support is provided according to what is legally ruled in the mental health area in Portugal;
- To promote and educate people with these diagnoses, and their families, regarding relapse prevention and rehabilitation, increasing their knowledge on mental health - To support people that are unemployed, in coordination with institutions that provide support in this area (nationally IIEFP), or locally;

- To develop The Occupational social Forum, according to the actual legislation;

ADEB has others goals, such as:

- SOS Feeling ADEB: People, when in solitude, depression, anxiety or suicidal ideas, can contact ADEB by email or by telephone, and get the required attention, provided by our clinical psychologists;
- Everyone that comes to ADEB goes through an initial Clinical and Social Evaluation, made by our clinical team, according to the person's diagnose and needs (in the social, family, psychological or other area). After this initial evaluation, the psychosocial rehabilitation program for each person is determined, according to their needs.

Cognitive behavioral Psychotherapy

- Psychosocial Rehabilitation and Support for teenagers with humor disorders, according to the family doctor's diagnosis, psychiatrist or pedopsychiatrist, aiming an evaluation and clinical psychologist support in order to prevent and care, gaining health and lifestyle quality;
- Implementing House support services: social and clinical answers which consists in psychosocial individual and personalized support to their members and/or their families due to their mental health problems can't assure their needs temporally or permanently;
- Promotion of scientific and psychopedagogical sessions, meetings, workshops, in partnership with hospitals, local government, schools and universities as well as other entities, aiming to inform, sensibilize and increase self-awareness about mental health in our associates and promoting mental health literacy in the general community.
- ADEB produces several psychoeducational documents about mental health, that are distributed among our associates, private and public entities and the media, which includes our digital magazine "Revista Bipolar", published twice a year.
- To maintain and always try to improve our website www.adeb.pt and our Facebook page, by making sure they provide as useful and updated information about these issues when possible, as well as to provide information about our services and different programs and activities.
- Legal counselling for our associates, in all areas of the law;

- Investment in empowering and capacitating our staff with the adequate skills in the social and mental health areas, to increase our strategic vision, communication skills, proactivity and assertiveness;
- To promote investigation and the publishing of relevant papers about depression and bipolar disorder;
- Exchange with other national and international associations;
- Technical and financial cooperation with the Portuguese governmental entities and others, willing to maintain our work and financial stability

In order to implement its goals, ADEB created these services:

- Social Occupational Unit with the following activities:
 - Psychosocial Rehabilitation and support with every day activities, to preserve the stability of the person with a mood disorder
 - Social occupational support including gatherings and leisure activities
 - Supervised medication
 - Support to the family members and other caregivers to promote family reintegration
 - Self-help sharing groups
 - Support for professional integration and formation
 - Social, cultural and sport activities in cooperation with the counties, sport and cultural associations and other structures in the community
 - Development of the following psycho therapeutic groups:
 - Psychoeducational groups: promote an increased adherence to the prescribed psychiatric medication, early detection of relapse symptoms of the disease, increase awareness about the disease, therefore allowing our associates and their family members and caregivers, to develop better skills to cope with depression and bipolar.
 - Stress and anxiety therapeutic groups – the goal is to change and restructure thought standards, introduce relaxation techniques, and increase assertiveness and personal well being
 - Suicidal behaviour and suicidal ideas prevention groups – view to increase awareness and prevent suicidal behaviors from the psychopathological, anthropological, psychological and social perspectives

- Professional support and guidance
 - Group sessions for support of people who are in the job market in order to start working
 - Mediation between job offers and job placement for our associates
 - Disclosure of technical and financial programs aiming to promote and support job placement

- Development of socio occupational activities, nationwide, for our associates, aiming to develop:
 - Health
 - Daily family life
 - Leisure time
 - Professional and vocational guidance
 - Adequate living in the community and society

To become our associate, you need to have the following documents:

- ADEB's registration papers (can be requested personally or by email)
- Your ID card, social benefit card and taxpayer number
- A document made by your GP or psychiatrist with the diagnosis of depression or bipolar disorder
- A passport photo - Your bank account number

To become our associate, these are the costs:

Single payment of "Jóia" – 15 euros (fifteen euros)

Annual association fee – 40 euros (forty euros)

The Board of ADEB has deliberated on the 18th of November, 2017 to create the following pay table, determined by the income of each of our associates household. The values are determined based on the minimum Portuguese monthly salary.

The following table has two columns, the first (Table I) with the different values charged our associates for the participation in our self-help and psycho therapeutic groups, and the second table (Table II), with the different values to attend individual clinical psychology or psychotherapy sessions.

Table I	Table II
From 4 euros minimum up to 26 euros maximum	From 6 euros minimum up 31 euros maximum

To determine which value our associates pay for our services, there is a financial and social evaluation, based on the following documents:

- IRS statement
- The last three month expenses for buying or renting a house (as long as this value is less than the Portuguese IAS)
- Transport pass from the last three months (up to the highest local fee of the associate's transport area of residence)
- Pharmacy expenses, from the last three months, on psychiatric medication.



Description: Photograph of someone holding someone else's hand