

## **HEALTH** MENTAL HEALTH

### **VISION:**

The project aims to create a personal mobile health technology based risk intervention system, which identify personal health risk factors, ways to control and manage them and obtain information about the possible aid or support centers.

RISK FACTORS: ALCOHOL, SMOKING CONSUMPTION, NUTRITION, PHYSICAL ACTIVITY, LEVEL OF STRESS.

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### **LEADERSHIP:**

In progress

## **RELIABIL. / RESILIENCE** ORGANIZATIONS

### **VISION:**

Obtain and implement a 360° vision of risk management in organizations in order to improve reliability and reliability, designed to advance the prevention of systemic failures, establish a system for proactive fault management, adopt protocols for recovery and learning after the appearance fault and integrate this improvement in the overall management of the organization.

HUMAN RELIABILITY / RESILIENCE / PSYCHOSOCIAL RISK FACTORS / ORGANIZATIONAL ENVIRONMENT / ETC.

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### **LEADERSHIP :**

In progress

## **CRISIS AND DISASTERS** PSYCHOLOGY

### **VISION:**

Generate a unified European model of crisis intervention and emergencies that draws on a standardized training. Also establish best practice guidelines based on evidence and adaptable to other countries and cultures.

IN PROGRESS

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### **LEADERSHIP:**

In progress

# MISSION, TARGETS & SERVICES

## 3. PREVENT

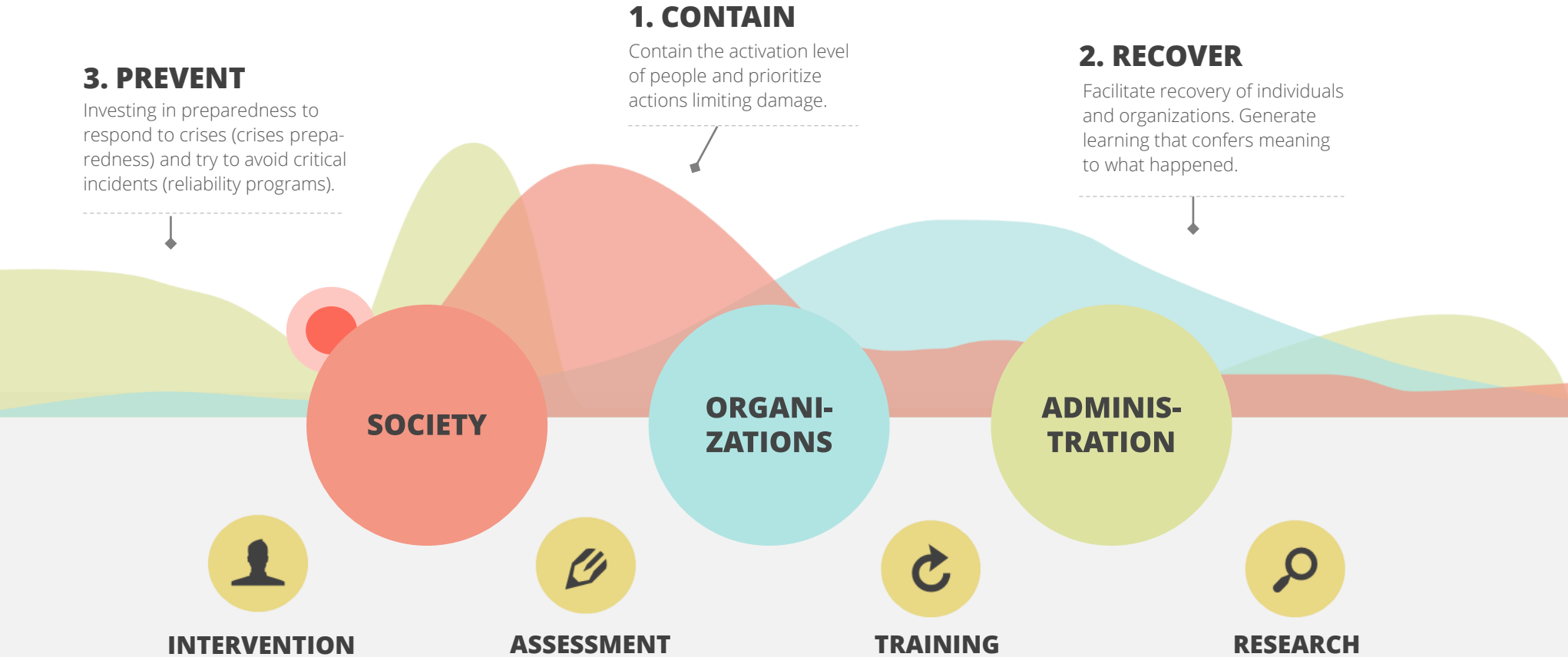
Investing in preparedness to respond to crises (crises preparedness) and try to avoid critical incidents (reliability programs).

## 1. CONTAIN

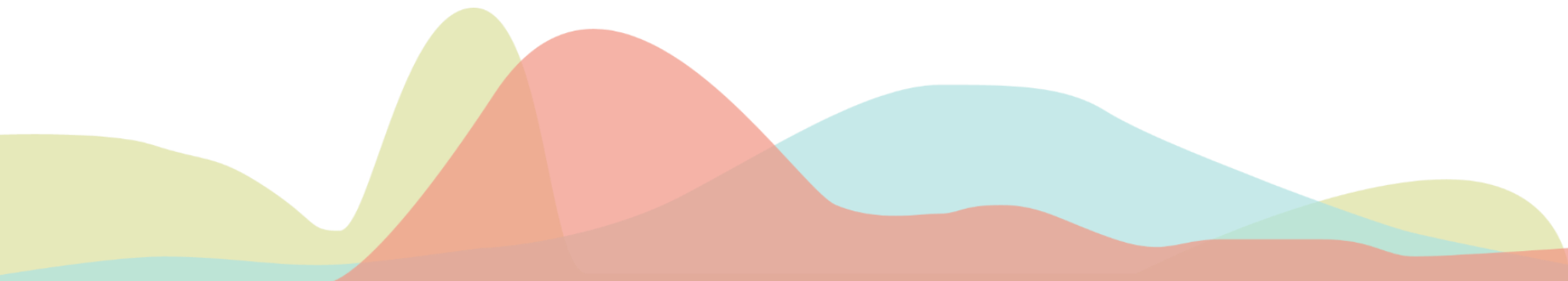
Contain the activation level of people and prioritize actions limiting damage.

## 2. RECOVER

Facilitate recovery of individuals and organizations. Generate learning that confers meaning to what happened.



Resource centre dedicated to the **care provision, training and research for critical situations** based in the Faculty of Psychology at the Autonomous University of Barcelona.




💬 The UTCCB was funded in 2010 by a group of **psychologists specialised in emergencies**. In 2011, it got integrated in **SIPEP** (Servicios y Proyectos Estratégicos en Psicología; *transl.* Strategic Services and Projects in Psychology) of the Faculty of Psychology at UAB. Its acronym stands for “**Unit of Trauma, Crisis and Conflicts of Barcelona**”.



Thank you very much  
for your attention.

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