

WORKING PAPER

Committee: World Health Organization

Subject: Mental health action plan: Promoting care and treatment

Submitted by: the Grand Duchy of Luxembourg, the Republic of Botswana, the United Republic of Tanzania, the Union of the Comoros, the Kingdom of Bhutan, the Republic of Uzbekistan, the Republic of Italy, the Republic of Portugal, the Republic of Nauru, the Republic of Nicaragua, the Bolivarian Republic of Venezuela, the Kingdom of Sweden, the State of Qatar, the Arab Republic of Egypt, the Republic of Singapore, Japan, Grenada, the Kingdom of Saudi Arabia, Belize, the Federal Democratic Republic of Nepal, the Central African Republic, The Republic of Angola, The Republic of Serbia, The Republic of Lebanon, The Republic of Bulgaria, The Kingdom of Denmark, The Republic of Ecuador, The Federal Republic of Germany, The Republic of Albania, The Principality of Andorra, The Czech Republic, The Republic of Haiti, The Republic of Kazakhstan, The Democratic Socialist Republic of Sri Lanka, The Republic of Burundi, the Republic of Fiji, the Republic of Paraguay, Antigua and Barbuda, State of Israel, Republic of Indonesia,

WORLD HEALTH ORGANIZATION,

Alarmed by the spike in mental health issues after the onset of the Covid 19 pandemic,

Deeply concerned by the prevalent stigma around mental health and mentally unwell people,

Emphasizing on the fact that mental health is currently a luxury and not a necessity for most people,

Deeply concerned that some groups are more vulnerable (women, children, specially abled, LGBTQ+) than the others when it comes to mental health problems,

Noting that several countries do not have mental health policies or the required infrastructure to treat affected people,

Deeply disturbed by the misconceptions about mental health that are common in several countries,

Noting with satisfaction the mental health legislations implemented by different countries,

Convinced by the effect of economic and social factors on mental health,

Deeply disturbed by the trauma endured by the people in war affected countries,

Hereby resolves,

1. Recommends the use of technology for treatment and identification of mental health disorders ;
2. Calls upon governments of all countries to set up a separate committee to take care of the funding, allocation of resources and infrastructure and spreading awareness about mental health:
 - a) Recommends the government to ensure that everyone gets to study the Quality Rights Program by the World Health Organization to ensure that people are aware about mental health and know the adoptive measures to be taken to deal with it;
3. Encourages all countries to make changes in their education systems:
 - a) to accommodate lessons on mental health;
 - b) to arrange professional counselling to help the children cope with levels of anxiety, stress and depression;
4. Recommends the promotion of public policies and strategies for creating awareness amongst the various social groups regarding mental health while taking assistance from Non Governmental Organizations and youth organizations;
5. Further requests government to provide additional capital to employ more of healthcare workers and improve infrastructure (like hospitals) to deal with mental health issues;
6. Emphasizes adoption of coping mechanisms like physical activities meditation, critical thinking and taking a balanced diet to deal with too much stress in order to reduce the muddles of mental problems in future;