**FORUM:** General ASSEMBLY III

**QUESTION OF:** Protecting mental health during isolation and times of crisis.

**SUBMITTED BY:** Italy

**CO-SUBMITTERS:** United States of America, European Union, Japan, Democratic Republic of Congo

THE GENERAL ASSEMBLY,

*Considering* the globe’s citizen’s mental health situation in the current Covid-19 global crisis,

*Bearing in mind,* Italy was one of the first European countries to go into lockdown, remarking they have been dealing with isolation for a large period of time,

*Taking into account* that depression is the most common mental illness globally, affecting parenting and school work which is the future generation,

*Keeping in mind* the fact that seeking for mental advisors is not 100% normalized around the world,

*Having considered* that the Francesco-Maria Serino stated “It is still difficult to find psychotherapists in small towns but, at the moment, all the biggest cities in Italy have a good number of psychotherapists working either in public services or private offices”,

*Aware of* the cost of a session can vary from 50 euros to 150 USD in european countries,

*Contemplating* that very few Italian insurances cover psychotherapy and mental health at concerning situations,

*Expresses its hope* that the situation of heightened mental health problems during the 2020 pandemic will be resolved effectively,

1. Urges that the decisions set out in the following documents: GA resolution A/74/L.92 and WHA resolution A69/22 be followed;
2. Encourages to normalize mental illnesses by:
   1. Holding social events and public events to educate and encourage people to normalize the subject of mental health,
   2. Incorporating mental health in schools by having a therapist/counselor in school which is just as important as having a nurse in school free of charge,
   3. Allowing teenagers to speak to therapists and psychologists privately to make them more comfortable;
3. Encourages major psychology companies to open an online program and have a decrease in price per online session, benefitting the people living in smaller towns who don't have as much access to mental health support;
4. Endorses having monthly check ups that could be paid by taxes and the government to monitor people’s mental health status and ensure they are getting the help they need;
5. Strongly encourages the prosecution of people who refer to mentally ill patients as “crazy” and charging them with public disturbance and or intimidation;
6. Endorses the health care system to at least include minimal mental health consultations;
7. Requests 600 million USD to be allocated to mental health foundations as support during times of restricted mobility and heightened number of mental health related problems;
8. Expresses the need for Member States to ensure the accessibility and affordability of healthcare and medicine, in ways such as, but not limited to:
   1. Implementing a public healthcare tax depending on income to provide resources and medical equipment for hospitals and other medical infrastructures,
   2. Gathering skilled volunteers and professionals alike in building hospitals in logical locations to ensure that all individuals can have easy geographical access to said hospitals through the means of funding originating from individual countries, and loans from the World Bank as necessary,
   3. Providing government support to individuals and families with a collective income lower than the poverty line of the said country to guarantee support for the affordability of medicine and healthcare,
   4. Allocating a larger portion of a member nations’ GDP towards the affordability of healthcare;
9. Further recommends group consultations which could be online or at a center, that would help by:
   1. Reducing the price of a visit and allowing more people to get the help that is necessary,
   2. Making people more familiar and normalizing mental health as well as visiting therapists and psychologists,
   3. Solving the problem of having public psychologists not have enough time to help everyone and be fully booked since they would be helping multiple people in one hour or however long group sessions would take;
10. Suggests that the Member States hold meetings Lausanne, Switzerland, every 6 months on January 5th and July 5th to update each other on their current nationwide mental and general health statuses, as well as to discuss any matters that need restructuring;
11. Decides to remain actively seized on the matter.