**FORUM:** GENERAL ASSEMBLY I

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

**SUBMITTED BY:** New Zealand

**CO-SUBMITTERS:** WHO, Holy See, Japan, Venezuela, Mozambique

GENERAL ASSEMBLY,

*Guided by* the principles and purposes of the United Nations Charter,

*Recalling* that according to the World Health Organization, mental health is defined as “a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community”,

*Reaffirming* the right of every human being to the enjoyment of the highest attainable standard of physical and mental health, without distinction as to race, religion, political belief, economic or social condition,

*Deeply disturbed* by the stigmatization of the issue of mental health, clearly seen during the isolation brought by the pandemic SARS-CoV-2, by some Member States that do not properly address and do not properly protect the mental health of their citizens,

*Fully alarmed* that 25% of the world´s population are predicted to face a mental health condition, which can have broad consequences on the social, economic and political sectors if the issue is not appropriately addressed and revised,

*Taking into account* the work of organizations like the WHO in relation to the issue of mental health and human rights, including the “WHO Mental Health Gap Action Programme (mhGAP)” and the “WHO Special Initiative for Mental Health (2019-2023)”, seen that these are crucial to the protection and scale up of services for people with mental health conditions, in order to achieve universal health coverage,

1. Urges all Member States to establish a mental health program that will:
   1. Include a range of support and treatments available to mental health such as but not limited to:
      1. Help-lines,
      2. Telehealth services,
      3. Psychiatric hospitalization,
      4. Inpatient or residential mental health treatment,
      5. Psychotherapy,
      6. Medication prescription,
      7. 12-step programs and support groups,
   2. Aim to support each citizen in an individual basis in a way that minimizes the level of distress in their everyday lives;
   3. Creating emergency hotlines to aid those who are:
      1. Struggling with substance abuse,
      2. Experiencing suicidal thoughts,
      3. In an abusive situation,Ve
      4. Struggling with any other mental illness;
   4. Include informational campaigns, which will inform about the dangers of stigmatization of mental health problems, in order to prevent the spread and worsening of the issue among citizens, which will be accomplished in compliance and cooperation work with the UN and the WHO, following and implementing their plans of action;
2. Suggests the creation of a subcommittee to the WHO that will:
   1. Be active in all Member States in the provision of mental health support services through such as but not limited to:
      1. Assisting them to stop the stigmatization of the issue,
      2. Giving advice on how to deal with sensitive mental health issues,
      3. The creation of a volunteering program that will work worldwide to provide volunteering mental health service providers to LEDC´s,
      4. Ensure further help and direction in the case of isolation and times of crisis,
   2. Stop the collaboration work with Member States if they don't show cooperation in trying to reduce the mental health issues among the population;
   3. Strongly encourages Member States to take concrete steps towards the importance of addressing and protecting mental health by such as but not limited to:
   4. Promoting the participation of all stakeholders in the development of public policies in this regard,
   5. Promoting prevention and training programmes for such as but not limited to:
      1. Social health professionals,
      2. Mental health professionals,
   6. Integrating mental health services into primary and general health care,
   7. Providing effective mental health care and other community-based services to protect, promote and respect the right to liberty and security and independence to be included in community, equally to others;
3. Encourages countries to invest in the creation and implementation of mental health and well being apps which:
   1. provide information on mental health topics to increase awareness about issues and help a person to identify them in themselves,
   2. use personalized biofeedback to create daily statistics that track health levels and establish ideas and recommendations for each person,
   3. use personalized treatment plans for each user and track theit progress
   4. collaborate with companies and workplaces to encourage the use of these apps in their workers to increase productivity and address mental health issues that cause absenteeism and presenteeism by workers;
4. Further recommends that member nations spread information about isolation specific mental health and tips in the form of:
   1. Advertisements on television and social media,
   2. Online infographics,
   3. Any other means of spreading information which do not risk the health of the individual receiving the information;
5. Recommends that member nations fund research and mental health aid, finding funds to do so by means such as, but not limited to:
   1. Allocating a larger part of their national healthcare budget to mental health specifically,
   2. Creating foundations through which companies and individuals can donate to the cause;
6. Urges member nations to further integrate mental health support into their already existing healthcare systems by ways that could include, but shouldn’t be limited to:
   1. Providing affordable quality psychological support to people who are vulnerable to mental health issues, such as:
      1. People with physical disabilities,
      2. Those struggling financially,
      3. People with other preexisting conditions (such as HIV, non-communicable diseases, etc.)
   2. Providing emotional and psychological support to people in crisis and emergency situations,
   3. Ensuring mental health professionals are available in regular hospitals and emergency centres;
7. Encourages all member states to implement regulations on media during times of crisis with the purpose of preventing misinformation and insuring the mental and physical security of people during times of distress:
   1. Putting greater focus on regulated media for reliable information such as;
      1. World Health Organization,
      2. Center for Disease Control and Prevention,
      3. United Nations,
   2. Regulate and remove fake news used to spread havoc and distress for to personal agendas or any other purpose;
8. Calls upon all member states to introduce optional government surveys online on a regular basis, determined by each government, to collect statistics regarding the mental states the people, with the purpose of:
   1. Informing the citizens of the importance of mental health for their well-being,
   2. Allowing citizens to determine earlier on when they need to look for help and encouraging them to do so,
   3. Track progress over time in order to implement more effective methods of protecting mental health and satisfaction to identify different mental health issues
   4. Identifying situations of the groups with the most frequent cases of mental health issues, high anxiety and high stress levels;.
      1. Financial situation,
      2. Family conditions,
      3. Education levels,
      4. Physical health,
   5. Providing a source of assistance after the returning of the results of the survey,
   6. Identify the different factors affecting this issue to implement the best solutions during times of crisis;
9. Urges all members to endorse public classes to learn more about stress, anxiety and depression with the goals of:
   1. Learning at earlier times when it is necessary to receive help,
   2. Learning to identity and help those who need assistance,
   3. Preventing abuse of alcohol and drugs at early ages, Basic accurate information about mental health disorders,
   4. lower the stigma against mental health;
10. Further requests all member states to implement classes to identify reliable sources of information with the goals of:
    1. Preventing the spread of fake news,
    2. Preventing anxiety due to fake news
    3. Respecting freedom of expression,
    4. Respecting freedom to life and safety;
11. Draws the attention of all Member States to adopt mandatory physical and psychological counseling for divorcees and children who have suffered from domestic violence from low-and middle-income families;
12. Encourages countries to invest in the creation and implementation of mental health and well being apps which:
    1. provide information on mental health topics to increase awareness about issues and help a person to identify them in themselves,
    2. use personalized biofeedback to create daily statistics that track health levels and establish ideas and recommendations for each person,
    3. use personalized treatment plans for each user and track progress
    4. collaborate with companies and workplaces to encourage the use of these apps in their workers to increase productivity and address mental health issues that cause absenteeism and presenteeism by workers,