**FORUM:** GENERAL ASSEMBLY IV

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

**SUBMITTED BY:** European Union

**CO-SUBMITTERS:** Mexico, Sweden, DPRK

THE GENERAL ASSEMBLY,

*Alarmed* by the increase of mental health issues relative Covid-19,

*Recognizing* the halt of 93% of all mental health services due to Covid-19 counter-measurements,

*Expresses concern* due to the small number of 2% of countries spendings that go to mental health,

*Emphasizing* that isolation, loss of income, fear and uncertainty- all factors associated with the current pandemic- are linked to an increase of mental health issues,

*Recalling* a previous statement the UN has released which includes that the world can expect “a pandemic of mental health problems either caused or exacerbated by the coronavirus situation” ,

*Affirming* that this issue is more prevalent in the current society than ever before,

1. Recommend countries to take into account the repercussions of isolation on individuals when making further decisions in regards to the current pandemic and the future one;
2. Further recommends all nations to further research into what percentage of people struggle with mental heath to what extent and to provide those to an international database in order to achieve:
   1. Future national and international solutions,
   2. What age groups are most affected,
   3. What regions are most affected,
   4. What rules regarding Covid-19 have the least effects on mental health,
   5. What rules regarding Covid-19 have the most effects on mental health;
3. Requests all nations, in order to increase accessible mental health support in times of isolation, to provide to their citizens the following, but not limited to:
   1. Online professional help, which looks like a platform of professionals regarding mental health,
   2. Helplines, if not yet done so;
4. Further invites nations to participate in international collaboration in order to share successful practices regarding online support systems through a database secured by the UN;
5. Further requests nations to establish a long term project regarding the mental health of its citizens, in preparation of future pandemic;
6. Encourages all nations to implement a mandatory 15 hour program in highschools and middle schools highlighting the importance of mental health including, but not limited to:
   1. What mental health is,
   2. What causes mental health,
   3. How to work on one’s mental health,
   4. How to help others who struggle with mental health,
   5. How to avoid mental health,
   6. Mental health regarding the counter-measurements of Covid-19;
7. Calls for a UN research project that further analyses the consequences of isolation an lockdown on mental health;
8. Approves nations to develop concrete strategies regarding the question of protecting mental health during isolation and times of crisis both longer and short term relative to the guidance in this resolution;
9. Recommends for this issue to be actively reviewed every 6 months in order to analyse the improvements or repercussions regarding mental health, especially in the scenario where lockdowns will be continued and/or reinstated.