



DOCUMENTATION

Draft Resolution 1.0

Topic: Lowering the Worldwide Impact of Mental Disorders, and Promoting Mental Health

The World Health Assembly,

Guided by the Policies and Principles of the United Nations, Guided by the Rules of Procedure of the World Health Assembly, Discussed the Causes of Mental Unease,

Identified Feasible Solutions for the agenda,

Recognizing the importance of mental health, to be completely healthy,

Recognizing the efforts of the International Labour Organization (ILO), International Press (IP), and the United Nations Educational, Scientific and Cultural Organization (UNESCO),

Recalling the steps taken by nations to promote mental health and reduce the worldwide impact of mental disorders, Considering the wars going on and their effects on mental health,

Alarmed by the amount of negligence served to mental problems throughout the world

Having discussed the suggestions of all the fellow nations,

- 1) Decides to start Peer Networks in schools and colleges to enforce strong positive Peer collaborations of peers who have the same interests;
- 2) Further Decides to Empower youth leadership and encourage the youth of the world to take up opportunities for leading things;
- 3) Encourages cooperative community projects and events that increase the bonding between the people of the community so it allows for lesser mental problems related to negligence and reduces crime if they are connected to the community;
- 4) Recommends Collaborating with International Labor Organization(ILO) and devising a new plan for the working hours, and efficiency required to be obtained through providing occupation-specific training, along with this, mandating therapy sessions and breaks to relieve the stress and reduce chances of them falling into depression or anxiety, thus improving the amount or the perfection in the work done, also achieving higher efficiency goals, and reducing mental unease for the employees and the employers;
- 5) Adds a part in the syllabus of medical courses about psychological help and how to provide it to patients, this enables every new doctor, nurse, or any other health official to become a minor-level psychologist and

makes them capable of guiding depressed or mentally distressed people out of it;

- 6) Funds campaigns that educate workers on mental illnesses, this would decrease stigma surrounding it and alleviate the stress among the workers with these disorders, (Increased productivity in the workplace will lead to more revenue being generated which will increase GDP per Head so people will be able to afford health care services);
- 7) Increases minimum wages when we increase wages more people will be able to afford health care, Subsidize the firms if needed;
- 8) Provides subsidies to trade unions so more workers will be able to bargain for higher wages and better working conditions, This would also alleviate the stress caused by low expenditure and bad working conditions;
- 9) Introduces government jobs to reduce unemployment, the government can establish a public limited company to employ its labour force where some of the revenue can be used to fund NGOs that help spread awareness and treat people with mental illness;
- 10) Provides resources such as Employee Assistance Programs (EAPs), mental health workshops, and training sessions to help employees manage stress and build resilience;
- 11) Makes it compulsory for schools to have a school counsellor so that they can prevent negative peer pressure from happening in schools, Counselors are people who help students to go on the right path, Students can

talk freely with the counsellor which helps them to be in a good mental state, School counsellors are needed to consult than teachers because they address the emotional, social and behavioural needs of the students;

12) Develops peer-led education programs that equip young people with the skills and knowledge they need to resist negative peer pressure, These programs can provide young people with practical strategies for making healthy decisions and empower them to become advocates for positive social change;

13) Strengthens policies and regulations regarding domestic violence and child abuse by:

i) Making up strict rules and regulations against violence in schools

ii) Making strict laws against domestic violence

iii) Making the punishments for these crimes severe and unforgiving,

Strengthening domestic violence and child abuse legislation and regulations can have a major impact on minimizing the effects of mental illness on victims, Stronger rules and regulations can aid in the prevention of domestic violence and child abuse by establishing regulations that punish abusers and protect victims, Domestic violence and child abuse legislation, for example, can serve to enhance the risk of punishment for abusers and prevent them from participating in violent behaviour, Governments may take an active approach to resolve these concerns and provide greater

protection and assistance for victims by tightening legislation and regulations;

- 14) Allows current mental health treatment centres to conduct surveys and properly analyse data on child abuse and domestic violence has the potential to significantly reduce the effect of mental illness, Mental health care centres can better understand the needs of the communities they serve and adjust their services to fit those needs by collecting data on the incidence and characteristics of these illnesses, Survey data, for example, may be used by mental health treatment centres to discover patterns and trends in child abuse and domestic violence, such as common risk factors or victim demographics, This data may be utilized to create customized treatments that address the unique requirements of various groups;
- 15) Recommends Specialists design successful treatments that address both mental illness and violence by working together, Collaboration among mental health practitioners may be extremely important in ensuring that clients receive appropriate care and support, particularly in situations of mental illness and violence, When professionals collaborate, they can create effective treatment treatments that address both mental illness and aggressive behaviour, Collaboration can also aid in the identification and treatment of underlying mental health conditions that lead to violent behaviour, Working collaboratively, mental health practitioners can guarantee that patients with mental

health issues such as depression, anxiety, or post-traumatic stress disorder (PTSD) obtain the right diagnosis and treatment;

- 16) Launches programs in schools that assist students and teachers establish links can have a major impact on student's mental health outcomes, Students are more likely to feel encouraged and appreciated when they feel linked to their instructors and school community, Mentorship programs can connect students with trustworthy adults to whom they can turn for advice and assistance, Schools may provide a supportive atmosphere that promotes better mental health outcomes and lowers the burden of mental health concerns such as anxiety and depression by developing strong relationships between students and instructors;
- 17) Further Launches public awareness and education initiatives on the importance of mental health can assist break through these obstacles, These efforts can also assist to normalize getting treatment from mental health specialists and encourage people to get the care they need;
- 18) Focuses on developing a strong mental health care system to solve the issues, Government backing, private sector investment, and foreign aid can all be used to accomplish this, By investing in mental health research, education, and training for medical professionals, the government can work to develop policies that support mental health care services,

Additionally, the government can engage with international aid organizations to give money and support for mental health care services as well as offer incentives for private sector participation in such services;

- 19) Recommends encouraging privatization by reducing taxes, This will attract foreign and domestic private firms to set up in the country for 2 main reasons:
 - a) They can retain more profits which raises the incentive to provide mental healthcare,
 - b) People will be able to afford costlier but higher quality healthcare services caused due to the increase in their disposable income, This means demand for services is higher, raising prices, Private firms may have access to more funds and higher quality capital, They may introduce new and possibly more effective methods of treatment into the country, This will improve overall mental health and allow the government to channel funds into other industries such as sustainability;
- 20) Suggests Governing authorities in the country can pass laws giving social media websites a specific amount of time to react to and take down inappropriate content, The inability to do so within the given time will result in levying hefty fines and severe penalties including incarceration in certain cases;
- 21) Decides that People should be properly vetted before being allowed to access firearms, by taking tests that

determine their mental capacity to gauge how sane they are before being able to use firearms, Banning the use of firearms altogether to reduce the repercussions of firearms in general, which would reduce crime rates and well as keep the public safe;

- 22) Cooperatively works with the IP (International Press) to create awareness and change the mindsets of people, about mental disorders, to eliminate the stigma about mental health still present in society;
- 23) Provides monetary, or health-related aid to the Interpol for taking down more drug cartels, focusing on the ones that provide the most drugs to schools, as to decrease the rate of one huge factor of negative peer pressure, because if drugs don't reach them, then they can't even generate that peer pressure;
- 24) Gathers Data along with the FAO (Food and Agriculture Organization) about the food production of different countries, and then setting up an export chain which allows the medium to high production countries to export their food at accepted rates to lower production countries so that food availability never decreases, and so mental distress of the common public is lowered;
- 25) Further Recommends voluntary associations of people who share a common desire to overcome mental illness or otherwise increase their level of cognitive or emotional well-being;
- 26) Decides that an evidence-informed approach that is built on the concept of human resilience is required;

- 27) Encourages Countries that lack sufficient funds to pay for worker's training can borrow money from countries that require workers to train and educate these youngsters, Post-education the government can provide services to work in the countries that paid for them, This way poor countries have a lower unemployment rate and better living standards and underpopulated countries have a larger labour force and output (GDP);
- 28) Starts Recognizing, appreciating, and promoting major Non-Government Organizations that are doing a huge job in improving mental health, or have a great plan for doing it but haven't been able to reach the audience they require to make a huge difference, this recognition by the WHO will also boost the owners' morale, and it also boosts credibility which causes a bigger audience to be attracted to the NGOs, which in turn increase mental health;