

Commission: Health and Population  
Session: 23<sup>rd</sup> National Model United Nations Conference – 2019  
Sponsors: Kenya, Jamaica, Nigeria, Nicaragua, Yemen, Myanmar,  
Central African Republic, Sweden, Kuwait

QUESTION OF: **ENCOURAGING ALL STAKEHOLDERS TO CAMPAIGN  
TO END MENTAL HEALTH STIGMA AND ADOPT  
EFFECTIVE MEASURES TO DEAL WITH IT**

The General Assembly,

Deeply concerned by the fact that 450 million people around the world face a mental health problem and 9 out of 10 people with this problem claim that stigma has a negative impact on their lives,

Deeply disturbed that mental health disorders constitute 14% of global disease worldwide; 85% of people with mental illness do not receive treatment they need, among which most children are not able to obtain necessary medical facilities and ongoing treatment is constantly interrupted,

Taking into consideration the report of WHO stating that despite the availability of treatments, 2/3 of people with mental health disorders, particularly young people, fearing stigma, never seek help from specialists,

Bearing in mind the fact that stigma is caused mainly because media negatively portrays the mentally ill as being dangerous or criminals,

Expressing deep concern that stigmatization makes suffering individuals fall into severe depression, are victims of human rights violation and are denied economic, social, political and cultural rights,

1. Appreciates technical support (e.g. NAMI) to countries to develop and implement policies about mental health stigma and provide services that promote and protect the rights of persons with psychological disabilities;

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3. Appeals to governments to work in partnership with NGOs to help integrate mental health and psychological support services in all health activities to avoid stigmatization of patients who endure violence and those who suffer from mental illness;

4. Recommends the development of programs that foster peer support as peer interventions can help sustain longer term, more regular and reliable source of treatment utilization;

5. Demands that states implement of anti-stigma and psycho- education programs at home, in pre-schools or schools for all non-medicated students and include subjects such as life-skills in school curriculum to guide them, since a young age, and help them better understand mental health and the negative effects of stigma;

6. Encourages people to voice their grievances through the media so that they refrain from negatively portraying mentally disturbed patients and rather, under the guidance of psychiatric experts, use their capacity to modify wrong beliefs;

7. Calls upon member states to implement better suicide prevention strategies and self-stigma prevention through therapy hotlines, "Talking therapies" and tele-health to give the opportunity to and help patients open up and deal with issues consisting of anxiety, depression, abuse or stress;

8. Further recommends countries to spend a bigger percentage of their annual health budget towards mental healthcare treatments;

9. Urges member states to sign and ratify the UN convention on rights of persons with mental disabilities and to introduce laws which strictly condemn cyber bullying, like, posting negative comments on mentally affected patients;

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10. Endorses the creation of continental free-trade areas where countries can trade in medical tools, send psychiatric labor to refugee centers or conflict-ridden areas to help authorities and victims deal with mental health issues;

11. Demands that governments provide more staff in the Ministry of Health, skilled in high quality, community based mental health services and empower medical students through training to enhance the quality of psychological treatment offered;

12. Calls for the inclusion of screening mechanisms in primary care settings for early identification of mental illnesses and the constitution of research teams to gather information about those suffering from mental disorders.