



HTU MUN

TOPIC GUIDE



**Addressing Mental
Health And Well-Being**



Topic Overview

Mental health of human beings includes their emotional, psychological, and social well-being. It affects how they think, feel, and act. It also helps determine how they handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

During the circumstances of war and conflict that have been widely expanding in different spots around the world, mental health issues have become a serious problem that the world's leaders cannot ignore. Mental health issues are causing a significant increment in brutal actions that are taking place all over the world.

Children in armed conflict experience both direct consequences of violence such as unlawful recruitment into armed forces, killings, gender-based violence, trafficking, and illegal detentions, separation from families, forced displacement, etc., as well as indirect impacts such as lack of access to basic services and increased poverty, malnutrition, and disease.

The mental health consequences of conflict on children are clear, with elevated rates of post-traumatic stress, depression, and anxiety in conflict affected children. These impacts are recognized to be caused by both direct exposure to traumatic events as well as exposure to increased levels of daily stressors. However, availability of mental health interventions for conflict-affected children is minimal, with treatment gaps for children even higher than those for adults in low resource settings, and even those services available have typically not been rigorously evaluated. Barriers depriving children from access to mental health services in low resource settings include not only the lack of evidence for treatments and shortage of skilled professionals, but also low recognition and detection of mental disorders among children, highlighting the need to improve our understanding of how mental health problems present among children - particularly in sociocultural diverse areas where child mental health has rarely been studied.



Studies and statistics had also proved that that un-humanitarian work conditions can create an impact on mental health that is not less danger than conflict and wars.

As stated in World Healthcare Organization in Geneva 2000: The workplace is one of the key environments that affect our mental wellbeing and health. There is an acknowledgement and growing awareness of the role of work in promoting or hindering mental wellness and its corollary – mental illness. Although it is difficult to quantify the impact of work alone on personal identity, self-esteem and social recognition, most mental health professionals agree that the workplace environment can have a significant impact on an individual’s mental well-being.

On the other hand, Studies and statistics has shown that Humans suffering mental health issues are the most likely to suffer brutal actions or commit suicide, putting mental health mentally ill human in the victim place.

Using longitudinal data of more than two million individuals and multiple independent variables, A Danish study found that individuals with mental illness are at 2.5 times higher risk of being subjected to any crime compared to the general population, and at even higher risk of being subjected to violent crimes.

Mental health and wellbeing has recently been a flashing topic around the media. Opinions on the topic differ between being concerned about the increment of the phenomena, and conspiracy theorists who believe that mental health issues is being used as a shield to cover up crimes that are committed due to racist reasons.





Countries Involved

Syria & Yemen: During the last 5 years, Syria and Yemen have been a conflict zone in which dozens of Regular armies, terrorist groups, and militias are fighting brutally causing a complete absence of security, and a threat on everyone's life, along with poverty, hunger and the degradation of every basic human rights. The intolerable circumstances are causing very serious and danger mental issues to large number of people, with a lack of needed treatment

African Nations: Civil wars and terrorist groups are expanding the brutal actions being carried up in different African countries including Nigeria, Sierra Leone, Angola, and other African countries, causing expansion in the spread of mental health issues with the lack of necessary care and treatment

New Zealand: In March 2019, an armed assassin carried out a terrorist attack against Muslims who were praying peacefully in a mosque, causing at least 13 deaths in New Zealand. The attack was explained that the attacker suffers mental health issues, which caused a huge disorder in media, between people sympathizing with the victims, people sympathizing with the criminal, and people thinking the mental issue was used as a shield to justify the attack.

USA: One in 25 Americans lived with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression. Suicide is the 10th leading cause of death in the United States. It accounts for the loss of more than 41,000 American lives each year, more than double the number of lives lost to homicide.

China: China has become one of the most powerful countries in Economy. Along the years, China had always been known with the un-human work conditions being put on Chinese citizens in exchange for very low salaries under the privilege of 'the need to build a strong economy, causing a large number of mentally ill people.



Organizations Involved

World Healthcare Organization (WHO): WHO's work to improve the mental health of individuals and society at large includes the promotion of mental well-being, the prevention of mental disorders, the protection of human rights and the care of people affected by mental disorders.

Sources

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<https://www.ncbi.nlm.nih.gov>

https://www.who.int/mental_health

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