





Forumg: World Health Organisation (WHO)

Issue: Mental Health as a Global Public Health Priority

Student Officer: Eirini Xrysovalantou Roussou

Position: Deputy President;

Structure

1. Introduction
2. Definition of key Terms
3. Timeline of events
4. Background information
5. Stakeholders (Countries, organizations involved etc)
6. Relevant UN resolutions, treaties, and events (Previous attempts)
7. Possible solutions
8. Further reading
9. Bibliography

Introduction

Mental health, an integral component of overall health, constitutes one of the most pressing and hotly debated topics of the century due to the astonishingly large number of people experiencing mental health issues, its impact on people's life and the little to no actions taken to make the situation better. According to the World Health Organization's estimations, approximately one billion people experience some kind of mental health disorder, such as but not limited to anxiety, eating and personality disorders and depression. These disorders can have an impact on people's education, work, relationships with other members of society and can even cause disability. Furthermore, there are some mental health issues that can even be the reason for a premature death. However, despite the importance of mental health, the minority of people internationally have access to mental health services of quality. Today, these mental health services include medications, such as antidepressants and anti-anxiety medications, psychotherapy and brain-stimulation treatments. Therefore, it is of paramount importance that national efforts, concerning the strengthening of mental health, are made to protect and raise awareness for the mental wellbeing of everyone. This study guide is designed to aid and empower one's knowledge about mental health. The study guide briefly explains key terms, follows mental health through the years and offers information concerning a variety of themes related to mental health. In addition, it incorporates previous attempts to solve the issue and gives food for thought about possible solutions. This study guide can help you understand the theme, but personal research is absolutely necessary for a more thorough look on the issue at hand.



Definition of key terms

World Health Organisation¹

“Founded in 1948, the World Health Organization (WHO) is the United Nations agency dedicated to global health and safety. The Organization connects nations, partners and communities to promote health and serve the vulnerable. WHO works with its Member States to achieve the highest level of health for all people by pursuing universal health coverage.”

Mental Health²

“Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health conditions include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health conditions are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case. “

Mental Disorders³

“Mental disorders comprise a broad range of problems, with different symptoms. They are generally characterized, however, by some combination of disturbed thoughts, emotions, behaviour and relationships with others. Examples are depression, anxiety, conduct disorders in children, bipolar disorders and schizophrenia. Many of these disorders can be successfully treated.”

¹ "Frequently Asked Questions." *World Health Organization (WHO)*, www.who.int/about/frequently-asked-questions.

² "Mental Health." *World Health Organization (WHO)*, 17 June 2022, www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response.

³ "Key Terms and Definitions in Mental Health." *World Health Organization (WHO)*, www.who.int/southeastasia/health-topics/mental-health/key-terms-and-definitions-in-mental-health#mental.



Anxiety⁴

“Anxiety is a feeling of fear, dread, and uneasiness. It might cause you to sweat, feel restless and tense, and have a rapid heartbeat. It can be a normal reaction to stress. For example, you might feel anxious when faced with a difficult problem at work, before taking a test, or before making an important decision. It can help you to cope. The anxiety may give you a boost of energy or help you focus. But for people with anxiety disorders, the fear is not temporary and can be overwhelming.”

Depression⁵

“Depression is a common mental disorder, characterized by sadness, loss of interest or pleasure, feelings of guilt or low self-worth, disturbed sleep or appetite, feelings of tiredness and poor concentration. It can be long lasting or recurrent, substantially impairing a person's ability to function at work or school, or cope with daily life. At its most severe, depression can lead to suicide. When mild, depression can be treated without medicines but, when moderate or severe, people may need medication and professional talking treatments. Non-specialists can reliably diagnose and treat depression as part of primary health care. Specialist care is needed for a small proportion of people with complicated depression or those who do not respond to first-line treatments. Depression often starts at a young age. It affects women more often than men, and unemployed people are also at high risk.”

World Mental Health Day

World Mental Health Day is celebrated every year on the 10th of October, its aim is to raise awareness of the importance of mental health and encourage and support people experiencing mental health issues.

Mental Health Stigma⁶

“A distinguishing mark establishing a demarcation between the stigmatized person and others attributing negative characteristics to this person. The stigma attached to mental illness often leads to social exclusion and discrimination and creates an additional burden for the affected individual.”

⁴ "Key Terms and Definitions in Mental Health." *World Health Organization (WHO)*, www.who.int/southeastasia/health-topics/mental-health/key-terms-and-definitions-in-mental-health#mental.

⁵ "Key Terms and Definitions in Mental Health." *World Health Organization (WHO)*, www.who.int/southeastasia/health-topics/mental-health/key-terms-and-definitions-in-mental-health#mental.

⁶ "Key Terms and Definitions in Mental Health." *World Health Organization (WHO)*, www.who.int/southeastasia/health-topics/mental-health/key-terms-and-definitions-in-mental-health#mental.



Global Burden of Disease⁷

“Led by the Institute for Health Metrics and Evaluation (IHME), the GBD study is the most comprehensive worldwide observational epidemiological study to date. By tracking progress within and between countries GBD provides an important tool to inform clinicians, researchers, and policy makers, promote accountability, and improve lives worldwide.”

Timeline of events

Date	Description of event
1992, October 10	World Mental Health Day, which is celebrated every year on the 10 th of October, was first celebrated on October 10 th 1992 at the initiative of World Federation for Mental Health. ⁸
2013	The Global Burden of Disease Study 2013 (GBD 2013), which included yearly assessments for 188 countries from 1990 up to 2013, covering 306 diseases and injuries, 1233 sequelae and 79 risk factors, found that depression was the second main cause of Years Lived with Disability (YLD) globally with anxiety being the seventh and overall, five mental disorders being amongst the top 20 causes. ⁹
2014, May 18	A World Health Organisation (WHO) report in 2014 on the topic of “Social Determinants of Mental Health” urged all countries to prioritise mental health and called for universal interventions. According to the report: “Social inequalities are associated with increased risk of many common mental disorders”. ¹⁰

⁷ "About the Global Burden of Disease" *THE LANCET*, www.thelancet.com/gbd.

⁸ "World Mental Health Day." *World Health Organization (WHO)*, www.who.int/campaigns/world-mental-health-day.

⁹ "Global burden of diseases, injuries, and risk factors for young people's health during 1990–2013: a systematic analysis for the Global Burden of Disease Study 2013" *THE LANCET*, [www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)00648-6/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)00648-6/abstract).

¹⁰ "Social Determinants of Mental Health." *World Health Organization (WHO)*, 18 May 2014, www.who.int/publications/i/item/9789241506809.



2016, April	On the April of 2016's World Bank Group/World Health Organisation Global Mental Health Event in Washington D.C., 12 hundred doctors, aid groups and government officials from all around the world agreed to make determined efforts in order to prioritise mental health in the international development agenda. ¹¹
2017	Research done in 2017 estimates that approximately 970 million people, meaning 13% of the world's population, suffer from some kind of mental disorder. ¹²
2019, December	The COVID-19 pandemic, which made an appearance in December 2019 and early 2020, fuelled a global health crisis especially in mental health, causing both short-term and long-term anxiety and stresses, creating a significant rise, about 25%, in depression and anxiety. Simultaneously, a treatment gap for mental health conditions was observed, which as a result made people's mental illnesses worse ¹³
2020	In 2020, the "Mental Health Atlas 2020" was published, shedding light on the data provided by countries all around the globe regarding mental health policies, legislation and financing. Furthermore, it included newly added indicators such as but not limited to mental health being integrated into primary healthcare and psychosocial support in emergencies ¹⁴
2025, September 2	On the 2 nd of September 2025, the World Health Organisation (WHO) launched the newest edition of the "WHO Mental Health Atlas" and the "World Mental Health Today report". These latest publications provide the world with the current state of mental health globally. Specifically, the "Mental Health Atlas" shows the progress in policies and services across 144 countries, while the "World Mental Health Today report"

¹¹ "Making Mental Health a Global Priority." *PMC Home*, [pmc.ncbi.nlm.nih.gov/articles/PMC5198754/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC5198754/).

¹² "Mental Health." *World Health Organization (WHO)*, 19 Dec. 2019, www.who.int/health-topics/mental-health#tab=tab_2.

¹³ "COVID-19 Pandemic Triggers 25% Increase in Prevalence of Anxiety and Depression Worldwide." *World Health Organization (WHO)*, 2 Mar. 2022, www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide.

¹⁴ "Mental Health ATLAS 2020." *World Health Organization (WHO)*, 8 Oct. 2021, www.who.int/publications/i/item/9789240036703.



	highlights the reality that more than one billion people experience. ¹⁵
--	--

Background information

Causes of Mental Health Issues

Mental health issues are caused by a variety of reasons both genetic and environmental. Firstly, genetics can sometimes cause mental illnesses, since some genes can increase the possibility of experiencing a mental disorder. Afterall, we can say that sometimes mental illnesses “runs in the family”. Furthermore, brain chemistry can be the cause of mental health issues because it sometimes contains an imbalance of natural chemicals that affect its function. Additionally, environmental factors, both in the womb and after birth, affect mental health. While in a mother’s womb, exposure to environmental stressors, inflammatory conditions and toxins may affect they embryo and be linked to mental illnesses later. After birth, the way and conditions under which someone is growing up, their experiences and their daily life can result in mental disorders. For example, childhood trauma and stressful events such as discrimination and bullying, the loss of a loved one and a serious injury are experiences that can haunt someone for a lifetime, therefore causing mental illnesses. Finally, a lifestyle which includes drug and alcohol misuse, excessive eating or no eating, smoking and neglecting physical activity often has a negative impact on mental health.

Mental Health Stigma

1. Forms of mental health stigma¹⁶

Mental health stigma is a phenomenon that has been plaguing the world for decades and is still present in the 21st century. Generally, this stigma is a combination of stereotypes and prejudices against people who experience mental health problems. More specifically there are three forms of mental health stigma. Firstly, structural stigma which refers to the lack of laws, legislations and policies concerning people with mental disorders and their rights. Secondly, public stigma includes offensive behaviour and negative beliefs towards people with mental health conditions, their families and the health care providers

¹⁵ "Upcoming Webinars — Global Mental Health Action Network." *Global Mental Health Action Network*, gmhan.org/upcoming-webinars.

¹⁶ "Mental Health Stigma." *Mental Health*, 14 July 2025, www.cdc.gov/mental-health/stigma/index.html.



that take care of them. Lastly, there is self-stigma which refers to the stigma that a person is experiencing about themselves, making them feel ashamed of their condition and blaming themselves for it.

2. Consequences of mental health stigma

Bearing in mind the three forms a person can experience mental health stigma, it is vital to be aware of their consequences. Due to their experience, their self-esteem is severely hurt, feeling ashamed of their condition and blaming themselves. This shame could result in feelings of desperation and loneliness. Furthermore, accepting the fact that they suffer from a mental disorder can be difficult because they are afraid of the stigma they will encounter, therefore avoiding treatment. Moreover, finding a job may be more difficult for them since they are often socially excluded and therefore have less chances for job opportunities. In addition, employers could be sceptical about them, their abilities and what they have to offer and prefer someone with better mental health. Finally, the mental health services seem to be underfunded and sometimes overlooked, due to the fact that people don't raise awareness about them and there is an underestimation of their importance.

3. Ways to reduce mental health stigma

It is of paramount importance that mental health stigma is significantly reduced if not eliminated, so that people feel proud of themselves, get the treatment needed and are included in the society. There are many ways this can happen with the most vital being raising awareness on the issue, by means such as organising campaigns and meetings with both specialists and patients to talk about mental health and including more people with mental illnesses in high ranked positions. It is necessary that people ensure treatment of quality, therefore health services that specialise in mental health should be created or old ones should make changes to perform better. In addition, people experiencing mental disorders could join support groups so as to communicate and socialise with others, make friends and share their experiences.

The Importance of Mental Health

Mental health is considered equally important to physical health, even though there are many people who don't acknowledge this. So why is mental health so important in this day and age? First of all, negative mental health can affect physical health, since stress, anxiety, depression and other disorders are able to cause symptoms such as stomach and headaches, panic attacks and body pains. Additionally, people's emotional well-being goes hand to hand with their mental health. Furthermore, positive mental health improves the



quality of life since people are more productive, therefore do better financially, happier and contribute more in the community.

Mp misconceptions of mental health and facts about it- Kafedjiska, Ivona. "Mental Health and the Importance of Self-knowledge." Jungle Dancer, 12 Oct. 2020, jungle-dancer.com/mental-health-and-self-knowledge/.

The Difference between Mental Health and Mental Illness

Due to the lack of education on mental health related issues, there is a misconception that mental health is the same as mental illness and disorder. However, these two are different things. Mental health, either positive or negative, is an integral part of people's psychosynthesis. Nevertheless, not all people experience mental illness and disorder. Concluding, it is possible that people suffering from mental illnesses can be in good mental health, because even though they struggle, they can also experience periods of time with improved mental health.

The Impact of Social Media on Mental Health

In this day and age, social media is considered an integral part of a person's daily routine, with approximately 5.5 billion users all around the globe¹⁷. While social media can connect people and help them keep in touch with others, it can also cause mental health problems to its users. Social media, such as but not limited to Facebook and Instagram, could fuel anxiety and cause stress and depression to its users. Furthermore, FOMO (Fear Of Missing Out) is often observed in social media constant users since they tend to be overstimulated by their friends' hobbies and activities, resulting in feelings of loneliness. Moreover, cyberbullying is observed more and more due to social media and the anonymity they provide their users, fuelling victims' anxiety and depression.

¹⁷ "Internet and Social Media Users in the World 2025 | Statista." *Statista*, 5 Feb. 2025, www.statista.com/statistics/617136/digital-population-worldwide/.



Mental Health in Specific Populations

1. Kids and Adolescents

A dramatic increase in kids and adolescents' mental health related issues has been observed recently. Specifically, according to a research done by the CDC in 2023, 4 in 10 students have been feeling intense feelings of sadness and hopelessness, while 2 in 10 adolescents have had serious thoughts of committing suicide and then approximately 1 in 10 actually attempted¹⁸. Mental health problems in such young ages, more times than not come with other health and behavioural risks. Common consequences are alcohol and drug misuse, tendency to violence, bullying and isolation. Kids and adolescents often get the feeling they don't belong with fellow peers without mental illnesses and tend to avoid socialisation and communication with them. Finally, the majority of health behaviours and habits tend to form during teenage years, therefore it is crucial to fight against mental health issues concerning adolescents to ensure their overall well-being during their life.

2. LGBTIQ+ Community

Unfortunately, being LGBTIQ+ means being at a higher risk of experiencing mental health issues due to the fact that these people go through a tough time accepting themselves and also experience discrimination, homophobia or transphobia and difficulty and fear of coming out even to the people close to them. A study done by Stonewall found statistics that showed how many LGBTIQ+ people suffered from mental health issues over the previous year. More specifically, 5 out of 10 of them had feelings of depression, while 3 in 5 experienced severe stress and anxiety.¹⁹ There are some support organisations for LGBTIQ+ people to seek aid for the improvement of their mental health, such as but not limited to "Albert Kennedy Trust" which supports younger members of the community and "LGBT Consortium" which searches their database in order to find mental health services near you. No matter which support group a person chooses, it is considered vital to join one to learn to love themselves, share experiences with others and talk openly about their issues together.

Stakeholders

Finland

Even though Finland has been ranked one of the happiest countries on earth by the United Nations and is considered a great place to live, mental health is a serious problem that plagues the country. It is estimated that 1 in 5 Finnish people suffer from mental

¹⁸ "Mental Health." *Adolescent and School Health*, 8 Jan. 2025, www.cdc.gov/healthy-youth/mental-health/index.html.

¹⁹ "LGBTIQ+ People: Statistics." *Mental Health Foundation*, www.mentalhealth.org.uk/explore-mental-health/statistics/lgbtiq-people-statistics.



illness and disorder of some kind, statistics which are way higher than in other European countries.²⁰ This issue with mental health started many years ago when in the 80s and 90s the country dealt with extremely high rates of suicides, which led to the creation of the “National Suicide Prevention Program” in 1986 which aimed the prevention of suicides by enforcing and funding the mental health system and educating the media. Today, officials, recognising the pressing issue which increases day by day, have proposed the creation of a new and improved “Suicide Prevention Plan 2020-2030”²¹ to minimise the increasing numbers of suicides.

Sweden

Sweden was named the country with the best mental health in the world for two consecutive years, 2023 and 2024. However, this does not mean that Swedish people don't suffer at all from mental health related problems. The last decade levels of anxiety have raised significantly from 31% in 2011 to 44% in 2024, with an 8% of these people experiencing severe symptoms²². Therefore, the Public Health Agency of Sweden aims to raise awareness for mental health and prevent mental illnesses and disorders among the Swedish population. A vital part of its work is to analyse the data it already has and then educate the people about them. Finally, there is a national public health survey called “Health on Equal Terms” which helps the Agency achieve its goal.²³

France

In France, 1 in 4 people struggle with mental disorders such as depression, bipolar anxiety and suicidal thoughts. ²⁴“Fondation de France”, the leading philanthropy network in France, has been committed to the mental health of the country for more than a decade, trying to develop a global approach. Specifically, it has created the “Mental Disorders: access to life and daily care” program that aims to minimise the stigma around mental health, help people experiencing mental health issues integrate in the society and improve access to care. Furthermore, the crisis of Covid-19 aggravated the situation in France with 13.3% of French

²⁰ "Waiting for the Redirectiron..." *Waiting for the Redirectiron...*, borgenproject.org/mental-health-in-finland/.

²¹ "Waiting for the Redirectiron..." *Waiting for the Redirectiron...*, borgenproject.org/mental-health-in-finland/.

²² "Mental Health." *Folkhälsomyndigheten — Myndigheten För Folkhälsofrågor*, 3 July 2025, www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/living-conditions-and-lifestyle/mental-health/.

²³ "National Public Health Survey - Health on Equal Terms (Sweden)." *Health Inequalities*, 9 Mar. 2021, health-inequalities.eu/jwddb/national-public-health-survey-health-on-equal-terms-sweden/.

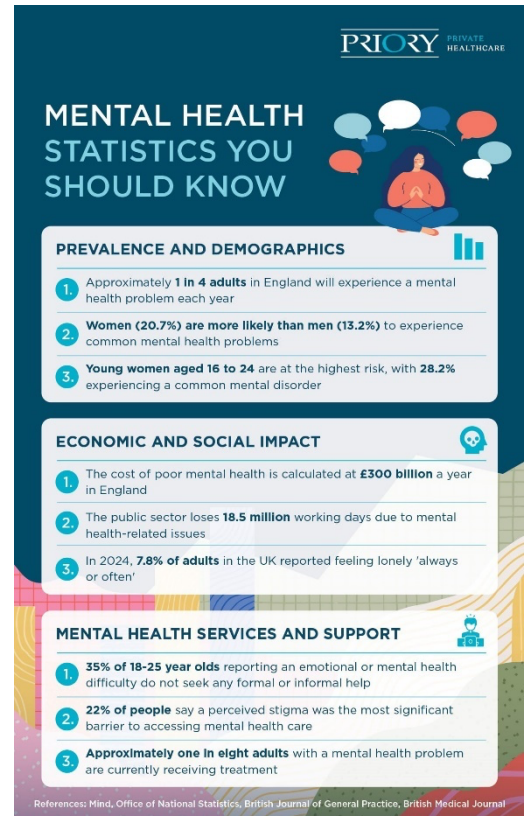
²⁴ Jean-Luc. "Mental Health." *Fondation De France*, 4 Mar. 2024, www.fondationdefrance.org/en/mental-health.



people aged 18-75 experiencing depression in 2021.²⁵ Finally, France has established mental health as its big cause for 2025, calling it a national priority.

United Kingdom (UK)

Each year in England, approximately 1 in 4 adults experience some kind of mental health issue.²⁶ Furthermore, only a small minority, 13%, of people in the United Kingdom are living with high levels of positive mental health.²⁷ Moreover, mental health of the youth is decreasing significantly and 1 in 6 children and adolescents suffer from mental health problems. Finally, young girls, aged 16 to 24, seem to be the ones affected most from mental health issues, since 1 in 4 of them reports self-harm during their life.²⁸



Mental a health statistics in the UK-

"Mental Health Statistics UK 2025." Priory, www.priorygroup.com/mental-health/mental-health-statistics.

World Federation for Mental Health (WFMH)

²⁵ "One in Five Young French People Has a Depressive Disorder." *Le Monde.fr*, 14 Feb. 2023, www.lemonde.fr/en/science/article/2023/02/14/one-in-five-young-french-people-has-a-depressive-disorder_6015640_10.html.

²⁶ "Mental Health Statistics UK 2025." Priory, www.priorygroup.com/mental-health/mental-health-statistics.

²⁷ "Surviving or Thriving? The State of the UK's Mental Health." *Mental Health Foundation*, www.mentalhealth.org.uk/explore-mental-health/publications/surviving-or-thriving-state-uks-mental-health.

²⁸ "Mental Health Statistics UK 2025." Priory, www.priorygroup.com/mental-health/mental-health-statistics.



The World Federation for Mental Health is an international membership organisation which was established in 1948. The foundation started with members from 46 countries, while now there are members from 90 countries. Furthermore, its mission is to prevent mental and emotional disorders, grant people with such disorders the proper treatment and care while also promoting mental health.

National Alliance on Mental Illness (NAMI)

The National Alliance on Mental Illness is the largest organisation, committed to creating better lives for people in America who are suffering from mental disorders. Today, there are more than 600 Affiliates and 49 State Organisations who work together in order to promote mental health and provide support to those who need it. Finally, it provides advocacy, proper education and support so that people with mental illnesses and their families can live an improved life.

Relevant UN resolutions, treaties, and events (Previous attempts)

Mental health and human rights, adopted on 28 September 2017²⁹

This resolution, which was adopted by the Human Rights Council on 2017, recognised how important the integration of mental health services in primary and general health care is and encouraged all Member States to prioritise this integration. Additionally, this resolution kindly requested the High Commissioner to organise a consultation in order to find new, innovative strategies that aim the promotion of human rights in mental health care and then implement them.

Mental health and human rights, adopted on 19 June 2020³⁰

This resolution, which was adopted by the Human Rights Council on 2020, urges all States to promote global mental health and to create, modify, adopt and implement laws, policies and practices that aim on raising awareness for mental health internationally. In addition, this resolution requests a consultation, organised by the High Commissioner, so that ideas for the harmonisation of national legislations related to mental health are discussed thoroughly.

²⁹ "Document Viewer." *UNDOCS*, docs.un.org/en/A/HRC/RES/36/13.

³⁰ "Document Viewer." *UNDOCS*, docs.un.org/en/A/HRC/RES/43/13.

European Mental Health Week 2025, 19-25 May 2025

This year was the sixth time that the European Mental Health Week was celebrated in May, giving the chance to everyone to exchange their experiences related to mental health and highlight the need for action. Its aim was to focus on the links between mental health and social policies, so that people gain access to the opportunities and support they need for a better life.



Poster for the European Mental Health Week 2025-

Joseph. "European Mental Health Week 2025." Mental Health Europe, 22 May 2025, www.mentalhealtheurope.org/european-mental-health-week-2025/.

Possible solutions

Research

Due to the fact that mental health was in the shadows for years, overlooked and considered less important than physical health, not much related research has been conducted leading to gaps in our knowledge on the issue and misinformation. Therefore, research is necessary so that early symptoms are recognised and named, resulting in people starting treatment early. Moreover, old treatments should be re-examined and modified, and new methods should be found and created to deal with mental illnesses in more innovative ways. In addition, more facts about the impact and effects mental disorders have on physical health and psychosynthesis of patients could be observed through research. Finally, every single individual should conduct personal research related to mental health. People experiencing mental illnesses should search about the symptoms they might experience, how to deal with them and what treatments to get, while other people should read about mental health and its importance and also how to help fellow peers who are suffering from any kind of mental disorder.



Better Mental Health Services for LEDCs (Less Economically Developed Countries)

It is essential that mental health services, such as therapy sessions, medication management and crisis intervention, are available to everyone around the world, no matter the country or state, so that they can deal effectively with the mental illness and disorder they are experiencing. As expected, the Less Economically Developed Countries (LEDCs) should also have mental health care services available for their citizens, even though they find difficulties financing them. This can be achieved by multinational collaboration with the More Economically Developed Countries (MEDCs) in order to fund the services and provide the help needed to improve their systems.

Creation of a Common Data Model across Countries and Global Databases

Currently, the evidence in mental health is fragmented across various databases both at regional and national levels. The development of a Common Data Model across countries and global databases, combined with the systematic use of mental health scales, would help prioritising mental health globally. Global studies on mental health could generate comparable prevalence rates on mental disorders, such as but not limited to depression and psychosis, economic burden estimates, estimates on treatment gaps and results on current treatments effectiveness and sequence. Finally, since the data across regions and countries would be harmonised and using the same scales of prognosis, cross country differences could be generated and countries could be ranked on their mental health outcomes.

Further reading

Now that you have read the study guide it is time for your own research on the topic to understand it better, think of possible solutions and then write your resolution. Here are some links I find helpful for your research. Additionally, I encourage you to see the video linked which is a quick but insightful TED Talk on mental health stigma that I found interesting.

- "Mental Health." *World Health Organization (WHO)*, 19 Dec. 2019, www.who.int/health-topics/mental-health#tab=tab_1.
- "Mental Illness - Symptoms and Causes." *Mayo Clinic*, 13 Dec. 2022, www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968.
- "Stop the Stigma: Why It's Important to Talk About Mental Health | Heather Sarkis | TEDx Gainesville." *YouTube*, 24 June 2019, youtu.be/gY1iH_Gxn0Q?si=5XspxSXYXRjx2bCu.

Bibliography

United Nations. "Mental Health and Well-being a Global Priority." *United Nations*, www.un.org/en/information-center-washington/mental-health-well-being-global-priority.



"Mental Health is a Global Priority." *Mental Health First Aid International*, 11 July 2022, mhfainternational.org/mental-health-is-a-global-priority/.

"Making Mental Health a Global Priority." *PMC Home*, [pmc.ncbi.nlm.nih.gov/articles/PMC5198754/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC5198754/).

"Mental Health." *World Health Organization (WHO)*, 19 Dec. 2019, www.who.int/health-topics/mental-health#tab=tab_1.

"World Mental Health Day 2022 - Make Mental Health & Well-being for All a Global Priority." *World Health Organization (WHO)*, 10 Oct. 2022, www.who.int/news-room/events/detail/2022/10/10/default-calendar/world-mental-health-day-2022---make-mental-health-and-well-being-for-all-a-global-priority.

Mnookin, Seth,. "Out of the Shadows : Making Mental Health a Global Development Priority." *World Bank*, documents.worldbank.org/en/publication/documents-reports/documentdetail/270131468187759113/out-of-the-shadows-making-mental-health-a-global-development-priority.

"Mental Health Promotion Must Be a Priority." *PMC Home*, [pmc.ncbi.nlm.nih.gov/articles/PMC5915257/](https://pubmed.ncbi.nlm.nih.gov/articles/PMC5915257/).

"Mental Health." *World Health Organization (WHO)*, 17 June 2022, www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response.

"Frequently Asked Questions." *World Health Organization (WHO)*, www.who.int/about/frequently-asked-questions.

"Mental Disorders: MedlinePlus." *MedlinePlus - Health Information from the National Library of Medicine*, medlineplus.gov/mentaldisorders.html.

"World Antibiotic Awareness Week." *World Health Organization (WHO)*, www.who.int/campaigns/world-mental-health-day.

"Mental Health Stigma." *Mental Health*, 18 Oct. 2024, www.cdc.gov/mental-health/stigma/index.html.

"Just a Moment..." *Just a Moment..*, www.thelancet.com/gbd.

"World Mental Health Day." *World Health Organization (WHO)*, 10 Oct. 2024, www.who.int/southeastasia/news/detail/10-10-2024-world-mental-health-day.

"Just a Moment..." *Just a Moment..*, [www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)00648-6/abstract](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)00648-6/abstract).

"Mental Health ATLAS 2020." *World Health Organization (WHO)*, 8 Oct. 2021, www.who.int/publications/i/item/9789240036703.

"Mental Illness - Symptoms and Causes." *Mayo Clinic*, 13 Dec. 2022, www.mayoclinic.org/diseases-conditions/mental-illness/symptoms-causes/syc-20374968.

"Just a Moment..." *Just a Moment..*, www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/for-friends-family/.

"What Causes Mental Illness?" *Mental Health America*, 23 Nov. 2022, screening.mhanational.org/content/what-causes-mental-illness/.



"Mental Health: Overcoming the Stigma of Mental Illness." *Mayo Clinic*, 24 May 2017, www.mayoclinic.org/diseases-conditions/mental-illness/in-depth/mental-health/art-20046477.

"Top 10 Reasons Mental Health Matters More Than Ever." *PlanStreet*, 21 June 2023, www.planstreet.com/top-ten-reasons-why-mental-health-is-so-important.

"The Difference Between Mental Health and Mental Illness." *HelpStartsHere*, helpstartshere.gov.bc.ca/blog/difference-between-mental-health-and-mental-illness.

"Mental Health." *Adolescent and School Health*, 3 Dec. 2024, www.cdc.gov/healthy-youth/mental-health/index.html.

"LGBTIQ+ People: Statistics." *Mental Health Foundation*, www.mentalhealth.org.uk/explore-mental-health/statistics/lgbtiq-people-statistics.

"Social Media's Impact on Our Mental Health and Tips to Use It Safely." *Cultivating-health*, 10 May 2024, health.ucdavis.edu/blog/cultivating-health/social-medias-impact-our-mental-health-and-tips-to-use-it-safely/2024/05.

"Mental Health." *World Health Organization (WHO)*, 17 June 2022, www.who.int/news-room/fact-sheets/detail/mental-health-strengthening-our-response.

"Just a Moment..." *Just a Moment..*, www.ohchr.org/en/special-procedures/sr-health/right-mental-health.

"Document Viewer." *UNDOCS*, docs.un.org/en/A/HRC/RES/36/13.

"Document Viewer." *UNDOCS*, docs.un.org/en/A/HRC/RES/43/13.

"Document Viewer." *UNDOCS*, docs.un.org/en/A/HRC/44/48.

"Just a Moment..." mhanational.org/federal-state-role-in-mental-health/.

"Mental Health By the Numbers." *NAMI*, 12 Feb. 2024, <https://www.nami.org/about-mental-illness/mental-health-by-the-numbers/>

Thelwell, Kim. "Mental Health in Finland: The World's Happiest Country." *The Borgen Project*, 1 June 2021, borgenproject.org/mental-health-in-finland/.

"Mental Health." *Folkhälsomyndigheten — Myndigheten För Folkhälsofrågor*, 10 Feb. 2022, www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/living-conditions-and-lifestyle/mental-health/.

Cooper, William. "Countries With The Best Mental Healthcare In The World – Mapped." *William Russell*, 13 Dec. 2022, www.william-russell.com/blog/countries-best-mental-healthcare/.

"5 Ways To Raise Mental Health Awareness." *REAN Foundation - Empower Yourself To Manage Your Health*, 7 June 2023, www.reanfoundation.org/mental-health-awareness/.

"Our Work at MHE: Shaping Mental Health Future in Europe." *Mental Health Europe*, 26 Feb. 2024, www.mentalhealtheurope.org/what-we-do/.

"Mental Health Stigma." *Mental Health*, 18 Oct. 2024, www.cdc.gov/mental-health/stigma/index.html.

Jean-Luc. "Mental Health." *Fondation De France*, 4 Mar. 2024, www.fondationdefrance.org/en/mental-health.



"One in Five Young French People Has a Depressive Disorder." *Le Monde.fr*, 14 Feb. 2023, www.lemonde.fr/en/science/article/2023/02/14/one-in-five-young-french-people-has-a-depressive-disorder_6015640_10.html.

Kafedjiska, Ivona. "Mental Health and the Importance of Self-knowledge." *Jungle Dancer*, 12 Oct. 2020, jungle-dancer.com/mental-health-and-self-knowledge/.

"Mental Health Statistics UK 2025." *Priory*, www.priorygroup.com/mental-health/mental-health-statistics

"Surviving or Thriving? The State of the UK's Mental Health." *Mental Health Foundation*, www.mentalhealth.org.uk/explore-mental-health/publications/surviving-or-thriving-state-uks-mental-health.

"World Federation for Mental Health." *World Federation for Mental Health*, wfmh.global/who-we-are/about-us.

"Who We Are." *National Alliance on Mental Illness (NAMI)*, 16 July 2025, www.nami.org/about-nami/who-we-are/.

Joseph. "European Mental Health Week 2025." *Mental Health Europe*, 22 May 2025, www.mentalhealtheurope.org/european-mental-health-week-2025/.

"Upcoming Webinars — Global Mental Health Action Network." *Global Mental Health Action Network*, gmhan.org/upcoming-webinars.

"Social Determinants of Mental Health." *World Health Organization (WHO)*, 18 May 2014, www.who.int/publications/i/item/9789241506809.

"COVID-19 Pandemic Triggers 25% Increase in Prevalence of Anxiety and Depression Worldwide." *World Health Organization (WHO)*, 2 Mar. 2022, www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide.

"National Public Health Survey - Health on Equal Terms (Sweden)." *Health Inequalities*, 9 Mar. 2021, health-inequalities.eu/jwddb/national-public-health-survey-health-on-equal-terms-sweden/.

