



Resolution Economic and Social Council/I.1

Economic and Social Council Committee

Co-sponsors: Antigua and Barbuda, Kingdom of Belgium, Canada, People's Republic of China A, People's Republic of China B, Republic of Colombia, Republic of France, Ireland, Libya, Principality of Monaco, Republic of Namibia, Federal Democratic Republic of Nepal, State of Palestine, Republic of Senegal, Republic of Korea, Syrian Arab Republic, United Republic of Tanzania, Republic of Trinidad and Tobago, United Kingdom of Great Britain and Northern Ireland, Oriental Republic of Uruguay, Republic of Yemen

Topic: Improving Youth Well-being and Mental Health

Fully aware that a portion of youth do not have access to mental health care or affordable healthcare at all, meaning it would be beneficial to have reliable access,

Emphasizing that if not as many therapists are available, then it will take longer than needed for youths to get treated for their mental health,

Deeply concerned that around 25% of adolescents report dealing with mild or severe depression, showing how youth in schools are suffering from conditions like anxiety and trying to overcome depression,

Fully aware that youth need to have a designated safe space to talk about their conditions and concerns from school and/or other activities,

Alarmed by the fact that 46,000 youth commit suicide each year because of mental health disorders,

Deeply concerned about low access to receiving health care, vaccines, physical and menstrual products,

Fully aware that in underdeveloped countries, roughly a quarter of their mentally ill population are able to receive proper assistance,

Alarmed by suicide being a big contributor to youth deaths,

Taking into consideration that youth need to talk about their mental health because it is a necessity,

Deeply concerned that 1 out of 4 young people experience mental health issues,

Funding

1. Encourages funding for mental health safe havens, such as allyship groups;
2. Recommends funding for medicine for things like anxiety, depression, as well as other mental health issues;
3. Requests funding for more mental health therapists and professionals;
4. Considers providing funding for schools to have more social workers for the children to be able to talk about their mental health issues;
5. Endorses mental health care centers to be made cheaper by individuals, making it more affordable and funding will be faster;
6. Emphasizes funding for more accessible vaccines and mental health clinics;
7. Recommends funding for exceptional seminars in schools and to help spread awareness about the mental health conditions of youths;
8. Further invites funding for the creation of more mental health hospitals;
9. Encourages funding for more training for professionals to be hired;
10. Calls upon schools to educate students about healthy diet and balance nutrients stored in one's body for sake of mental well being and since a healthy lifestyle promotes a better mental state;

Support for the Youth

11. Encourages outdoor education programs due to the fact that studies show that being outside as well as exercise benefits the well being of mental health surrounding youth;
12. Further invites more psychologists to help undeveloped countries with their mental health issues;
13. Calls upon schools to create a comfortable learning environment to teach youth about mental health;
14. Fully believes that better rehabilitation programs will help in reducing the number of relapses surrounding youth;
15. Emphasizes children's accessibility to share their thoughts and feelings with trusted adults such as counselors or social workers;
16. Strongly condemns child soldiers because of the trauma that it causes;

17. Further invites the hiring of more mental health skilled professionals;
18. Encourages youth to speak up about their feelings and concerns about mental health in allyship groups;

Education of mental health

19. Calls upon getting more information from well-trained mental health professionals and specialists to inform the public that suicide is a big contributor to youth deaths;
20. Encourages young adults with mental issues to normalize having allyships and collaborations;
21. Further requests doctors to continue their studies in the field of mental health for youth;
22. Emphasizes the importance of having classes that teach about mental health in schools;
23. Further recommends teachers and adults to have a proper education and a better understanding of mental health symptoms;

Mental health-related workshops/seminars

24. Supports the identification of the most common reasons for mental health disorders,
25. Calls upon NGOs to fund hiring more social workers in schools;
26. Recommends schools to hold meetings for the youth to express their emotions, involve them in decision-making, and help them deal with their trauma;
27. Calls upon all countries to ratify The Rights of the Child;
28. Encourages countries to relieve stigmas around mental and physical health;
29. Requests classes at a personalized time for group healing.