



Forum:	World Health Organization
Issue:	Promoting the prevention of suicide and mental disorders among Gen Z
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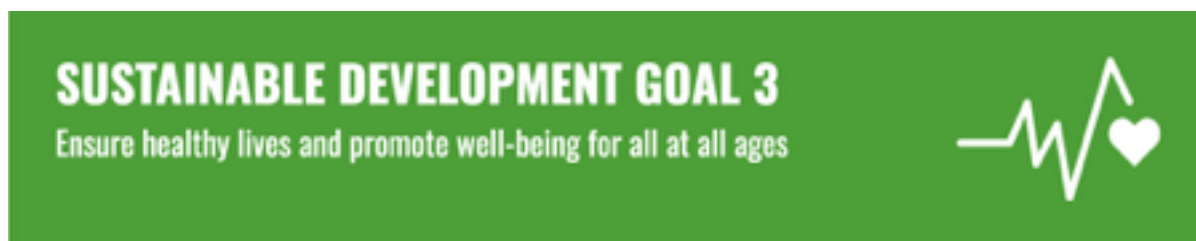
Overview

Suicide so far is one of the most extreme symptoms of mental emergency that we fail to adequately address. Fear, stigma and lack of understanding intensify the suffering of those affected. There are 800,00 people that kill themselves due to mental disorders this year, outnumbering the population of Washington DC. Sometimes, those people are familiar to the public such as Anthony Bourdain or Kate Spade that make headlines, but they are all sons or daughters, friends or colleagues, valued members of families and communities. In four people, we will find one that deals with mental health conditions at least once in his/her life. If we're not directly affected, someone who is around us is likely to be. The adolescents are vulnerable facing those diseases according to Dr. Ghebreyesus, the chief of WHO: "Our young people are particularly vulnerable, with suicide being the second leading cause of death globally among people of 15-29-year-old and half of all mental illness beginning by the age of 14." The word 'adolescence' refers to a formative time that is important for the development of good social and emotional habits that are important for developing mental health, but multiple physical, social and emotional changes, including exposure to violence, abuse or poverty also emerge simultaneously in this period(WHO). Protecting teenagers from those adverse experiences is not only crucial for their well-being during adolescence, but will also contribute to their mental health during adulthood.

Mental Health and Sustainable Development Goals (SDGs)

World leaders have recognized that promoting mental health has a priority in health development agenda. The Sustainable development goals, which was adopted as a replacement and renovation for the Millennium Development Goals, stresses the importance of 'ensure healthy lives and promote well-being at all ages. It's agreed that the goals will be accom-

plished by the year 2030. According to prior Secretary General Ban Ki-moon: “The new agenda is a promise by leaders to all people everywhere. It is a universal, integrated and transformative vision for a better world.”(WHO SDG) Cooperation to accomplish these goals, which directly relate to our topic, will benefit most countries where millions of people will receive help and guidance on maintaining mental health.



(Sustainable Development goal 3)

“The inclusion of noncommunicable diseases under the health goal is a historical turning point. Finally, these diseases are getting the attention they deserve. Through their 169 interactive and synergistic targets, the SDGs seek to move the world towards greater fairness that leaves no one behind.” Claimed by prior WHO director Margaret Chan. Mental health disorders leading to a severe syndrome of suicide that is costing death more than the population of Washington are now fully recognized within goal 3---ensuring healthy lives and promote well-being for all at all ages. Goal 3.4 claims to “reduce by one-third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being” by 2030. But the problem is not yet resolved on a larger scale. Yet mental disorders are poorly resourced at present, lack of understanding, even stigmatized in certain regions, which aggravates the damage of mental disorders. SDGs are likely to offer assistance on the routes of multilateral developments for countries. A better solution to this issue will accomplish the sustainable development goals, which means that millions of people will finally receive the help they are demanded.

Adolescent

Teenagers are generally considered as a healthy group compared to other age groups on the issue of mental illnesses. But there is an estimation stated by WHO that there are 10-20% of adolescents in the given year experiencing mental issues, among which depression and anxiety are the most common ones. Suicide, started by those mental disorders is the leading cause of death among the youth.



Mental health is a fundamental step for a good quality of life. Confident and optimistic adolescents will most likely grow up as a confident and optimistic adult, which in turn contributes to the well-being of nations. Teenagers that are mental well-being are considered to possess self-esteem, problem-solving skills, social capacities and a sense of purpose. Their behaviors, including attendance at school, educational achievements, social cohesion, and future health and life chances are implicated by their current mental health.

The Factors mental disorders

The factors that commonly exerting stress on adolescents and children include the desire for autonomy, increased access to technologies, peer pressures, and the exploration of sexual identity. Depending on their location, groups and individuals might be placed in a higher risk of experiencing mental health issues. These vulnerable groups might include the families living in poverty, infants or children that are exposed to neglect and maltreatment, minority groups and indigenous populations that are experiencing violations of human rights and discriminations, LGBTs, prisoners, and people who are facing natural disasters, local conflicts, and other humanitarian emergencies. There is a clear association that shows sexual violence, which adolescents and children are vulnerable to, has a detrimental effect on their mental health.

Common Traits of Mental disorders

One category of the common symptoms found in adolescents include emotional disorders, which make them excessively irritable and frustrated. Those symptoms overlap with more than one emotional disorder so that rapid, unexpected emotional change will be observed in a patient. Young adolescents may develop no emotional symptoms such as stomachache, nausea, and headache. The most common emotional disorders include depression and bipolar disorders.

Depression

Depression is a common illness around the globe, as there are more than 300 people who been affected(WHO). It is a common emotional disorder, that patient falls to regulate brain



function that controls emotions. It is characterized as an incessant and intense negative emotion that appears in their thought. This emotion will cause a negative effect on their lives and causing educational, social, emotional and family difficulties. This disease has a great difference with sad or down. Someone that possesses depression needs a medical or psychological therapy to avoid radical behavior. Depression is affected on an individual's thoughts, behavior, and sensitivity of negative moods. They applied a negative lens when they are trying to observe the world. Depression has an episode which is commonly lasted for a month, and it will be experienced by patients that possess it throughout their lives. Although there is effective therapy on depression, a fewer patient has successfully received such treatments. According to WHO that in many countries, fewer than 10% who receive the treatment. The barriers of effective care that addresses all of the necessities include a lack of trained doctors, lack of resources and stigmatizing that possessed depression. Another obstacle is the accuracy of the diagnose. In all developed and developing countries, people that have depression are not often correctly diagnosed, and others that do not possess this disorder are often misdiagnosed and given antidepressants. Depression has become a burden of the international community, which the World Health Assembly has assembled and constructed a comprehensive resolution that suggests countries to act among depressions.

Types of Depression

Persistent depressive disorder, which is also called dysthymia is a depression that has an episode of more than two years. Patient that is diagnosed to have a persistent depressive disorder has a less severe symptom, but it must last 2 years or more to be considered as a persistent depressive disorder.

Recurrent depressive disorder, which is the disorder that has a repeated episode. The patient will experience lots of enjoyment, depressing moods and diminished activity lasted more than two weeks due to lack of energy. People that diagnosed with this type of depression will have disturbed sleep, low self-esteem, feeling guilty, having poor concentration and those symptoms medically unable to elaborate



Depend on the servility of the symptoms, a depressive episode can be described as moderate, mild or strong. An individual that has a mild episode will only have some difficulty accomplish daily, ordinary tasks, but their capacity of working will not cease completely. But during a severe depression, it is hard for an individual to remain focused on ordinary work, or even daily life.

Psychotic depression is a patient discover to have depressing mood plus psychosis such as visualizing delusions, having false beliefs or hearing something that is virtual. Those illusions often accompanied with negative moods such as delusions like poverty, illness or even guilt.

Anxiety

Anxiety, refer as an extreme apprehension worry and unpleasant internal turmoil(WHO).

Worrying is a normal action facing a stressful situation. But in anxiety, it becomes excessive and causing dread on daily basis, this type of consistent stress is called generalized anxiety disorder. (WHO)

Generalized anxiety disorder (GAD) is much more than the anxious we experienced due to stress. It is chronic, the suffrage of worry and intention are often without provocation. This disorder is associated with an anticipated disaster with individuals, which is the often-excessive worry about health, money, work, and for adolescents are almost all from academic difficulties. Sometimes, even thinking of getting through the day makes them anxious.

People with a generalized anxiety disorder (GAD) suffers from the worries that interrupt their sleep and it usually accompanied by body symptoms such as tiredness, headache, and nausea even suicide. Anxiety often arises from childhood. Both environmental and biology will contribute to this disorder. Anxiety will cause a person to be irritable,

Bipolar Disorders

Bipolar Disorders are described as the illness causing an extreme shift in moods, energy, and behavior from depressive to manic. This disease is often observed during late adolescence and early adulthood. But it will occur at any age.

People that possess bipolar disorders are often experiencing dramatic climax and a low point in their mood, corresponding with a manic episode and depressive episode. The episodes can



last from hours to even weeks, but there are no symptoms observed between episodes. During the Manic episode, the symptoms are common with anxiety patients such as irritable, insomnia, increased energy, and reckless behavior. A depressive episode has symptoms related to depression, which low energy and activeness, low self-respect, hopeless, not able to complete ordinary tasks are common to occur during this period. People diagnosed having bipolar disorders repeatedly thinking about killing themselves due to emotional and physical tortures, they have much greater risk to commit suicide than the entire population.

Consequences of Mental Disorders: Suicide

Every year 800,00 people give up their life or intend to commit suicide. Every chase of suicide causes a long-lasting harm and effect to people they left behind. It is the second leading causes of death in the age group of 15-19 globally in 2016 according to WHO(Saxena).

The 66th World Health Assembly adopted the first Mental Health Action plan as their agenda. Preventing suicide is the essential and integral part of this plan. The goal is to eliminate suicide completely in the year 2020, and preventing children and adolescent from suicide is in high priority(WHO).

Suicide in the African Region

WHO estimates that in the African region, the rate of suicide is close to global average which is 11.4/100,000. There is a peak in the youth in African regions committed suicide.

Suicide in the American Region

Estimated rate of suicide is comparatively low in the American regions, and it is generally lower than other WHO regions. However, there is still peaks of youth committed suicide observed income developing countries in the American Region

Suicide in the WHO Eastern Mediterranean Region

The estimated rate of suicide funded in the Eastern Mediterranean Region is lower than other WHO region in general. But the suicide rate for the age group of 15-22 is relatively high compares to other age groups in this region.

Suicide in the WHO European Region



The estimated suicide rate observed in the European Region is above the average in 2012, which is 11.4/100,000. 6 of the European country has the highest rate of suicide around the globe. The suicide rate has the highest peak on the youth among the European Regions and it is the major cause of death in the age group of 15-19. However, Europe is prominent among the countries that have developed a strategy to counter suicide.

Suicide in the WHO South-East Asia Region

South-East Asia has the highest estimated suicide rate compare to other WHO regions they have collected data upon. Most of the suicide occurs in South East Asia, which developing countries along cost 39% of deaths of suicide around the globe according to WHO statistics. India has the highest suicide rate in Asia Suicide. WHO South-East Asia is the most concerned region among all.

Key Terms

Mental disorder

A mental disorder also called a mental illness or psychiatric disorder, is a behavioral or mental pattern that causes distress or impairment of personal functioning.

Mental disorders are usually defined by how a person behaves, feels, or perceives.

Schizophrenia

Schizophrenia is a mental disorder characterized by abnormal behavior and a decreased ability to understand reality. Common symptoms include false beliefs, unclear or confused thinking, hearing voices that others do not, reduced social engagement and emotional expression, and a lack of motivation. People with schizophrenia often have additional mental health problems such as anxiety, depressive, or substance-use disorders. False beliefs, unclear or confused thinking, hearing voices that others do not, reduced social engagement and emotional expression, and a lack of motivation. People with schizophrenia often have additional mental health problems such as anxiety, depressive, or substance-use disorders. Dysthymia

Dysthymia is a mood disorder consisting of the same cognitive and physical problems as depression, with less severe but longer-lasting symptoms. The concept was coined by Robert Spitzer as a replacement for the term "depressive personality" in the late 1970s.

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Important Events/Timelines

Date	Event
1948	WHO was founded as an organization in 1948 as a member of the United Nations Development Group.
2009	The WHO Mental Health Gap Action Programme (mhGAP) held its first meeting during October 1-2, 2009, gathering global assistance on controlling the status of mental illnesses around the world.
2013	The 66th World Health Assembly, consisting of Ministers of Health of 194 Member States, adopted the WHO's Comprehensive Mental Health Action Plan 2013-2020 in May 2013.
2018	The annual mhGAP Forum will take place on 11-12 October this year and will provide an opportunity for diverse stakeholders to discuss progress on WHO's Mental Health Action Plan 2013-2020 in countries. The theme for Forum 2018 is "Accelerating Country Action on Mental Health,".

Major Nations/Organizations

The International Association for Suicide Prevention (IASP)

The IASP is a Non-Governmental Organization concerned with suicide prevention, dedicated to preventing suicidal behaviors, mitigating its effects, and providing a forum for academics,



mental health professionals, crisis workers, volunteers, and suicide survivors. The IASP has been on a long-term collaboration with the WHO and other UN conference.

WHO Mental Health Gap Action Programme (mhGAP)

The WHO Mental Health Gap Action Programme (mhGAP) aims at scaling up services for mental, neurological and substance use disorders for countries, especially with low- and middle-income. The programme asserts that with continuous efforts on proper care, psychosocial assistance and medication, suicide and extreme mental illnesses can be prevented.

Mental Health Atlas

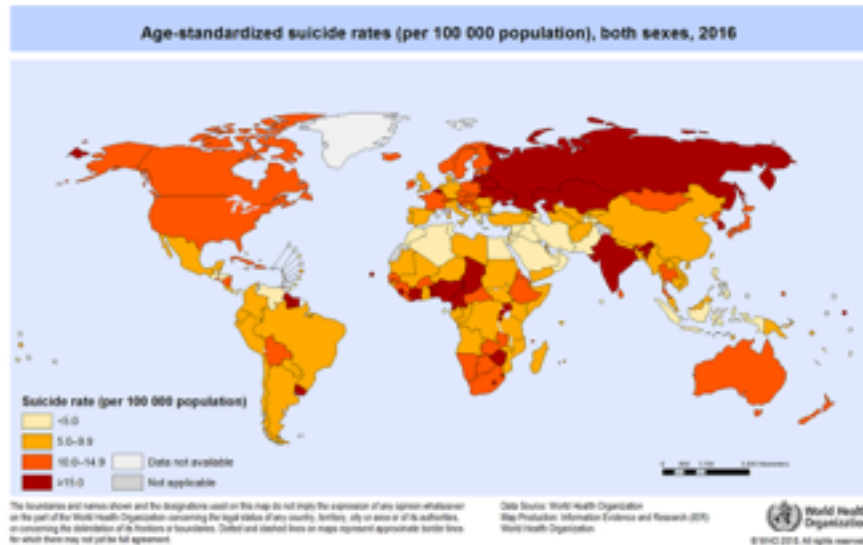
Mental Health Atlas Project is designed to collect and disseminate data on mental health resources such as policies, plans, financing, care delivery, human resources, medicines, and information systems in the world. The project provides continuous statistical evidence of the global mental health status and enables the flexible adjustment of the strategies to cope with different kinds of mental issues.

Important Documents/Passed Solutions

1. One major resolution passed by World Health Assembly is Mental Health Action Plan 2013-2020, adopted and published by the WHO in 2013. The action plan emphasizes the importance to maintain mental healthiness of people around the world. The plan advocates both universal health coverage and prevention of suicide.
2. *Preventing suicide: a resource for media professionals - update 2017*. The booklet is the product of continuing collaboration between WHO and the International Association for Suicide Prevention (IASP). It underscores the influence of media reports about suicide to enhance or weaken suicide prevention efforts.
3. *mhGAP Forum 2017 Report*

Statistics

1. Age-standardized suicide rates, published by the WHO



Possible Solutions

1. Human rights: Discrimination to patient of mental disorders

2. School's education

Guidance but no solutions and implement. No effective counseling system.

3. Budget on providing mental health.

4. Cyberbullying

5. Relation between teenagers and parents

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