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TOPIC: Promoting the Protection of People with Mental Illnesses

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Promoting the Protection of People with Mental Illnesses; Recent Updates

A recent update calls for new policies to address mental health challenges at work, and a joint WHO/ILO policy brief that outlines new global WHO principles on mental health at work, that are supported by workable strategies. Depression and anxiety are thought to be the cause of 12 billion lost workdays yearly, costing the world economy close to US \$1 trillion. In order to address threats to mental health, such as excessive workloads, negative behaviors, and other elements that cause distress at work, steps are advised by WHO's worldwide guidelines on mental health at work. For the first time, the WHO suggests manager training to improve their ability to avoid stressful work settings and assist distressed employees.

The guidelines also suggest improved approaches to meeting the requirements of workers with mental health disorders, suggest interventions that promote their return to work, and offer interventions that facilitate entry into paid employment for people with severe mental health conditions. The rules emphasize the need for actions for protecting medical, humanitarian, and emergency personnel.

A separate WHO/ILO policy brief explains the WHO guidelines in terms of practical strategies for governments, employers and workers, and their organizations, in the public and private sectors. ¹

¹ “Who and Ilo Call for New Measures to Tackle Mental Health Issues at Work,” World Health Organization (World Health Organization), accessed November 17, 2022, <https://www.who.int/news/item/28-09-2022-who-and-ilo-call-for-new-measures-to-tackle-mental-health-issues-at-work>.

Additionally, the International Council of Nurses (ICN) has endorsed the World Health Organization's QualityRights e-training program on mental health, recovery, and community inclusion, which satisfies the requirements for accredited nursing continuing education points.

The course, which is offered in 11 languages, covers a wide range of topics, including taking care of one's own mental health, helping friends, family, and coworkers with their mental health, and addressing stigma, discrimination, and abuse in mental health services.

In recognition of their completion of ongoing professional development studies, nurses and nursing students who complete the entire course will receive 24 International Continuing Nursing Education Credits. It aims to equip readers with the fundamental knowledge and abilities required to develop effective mental health services. It offers fresh insight, comprehension, and direction on how to look after one's own mental health as well as how to support others.

By the end of 2024, WHO hopes to train at least five million people worldwide through the QualityRights e-training, improving the lives of 500 million people who have mental health disorders or psychosocial disabilities.²

² “The International Council of Nurses Endorses World Health Organization Training Programme on Improving Mental Health,” World Health Organization (World Health Organization), accessed November 17, 2022, <https://www.who.int/news/item/10-11-2022-the-international-council-of-nurses-endorses-world-health-organization-training-programme-on-improving-mental-health>.

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