**Nations Unite, for a clearer mind**

*By: Sara Mercado and Juanita Rengifo*

In the World Health Organization, the topic debated was mental health deterioration and the increase in suicide rates in young adults and teenagers due to the Covid-19 pandemic. The countries that stood out during the debate were the United States of America, France, Russia, China, and Sweden, who proposed a vast number of solutions for the crisis management, then proceeded to convince most of the delegations present to join the working paper proposed by themselves. Certain countries even agreed to alter the security measurements that had been implemented prior to the debate to ensure the population’s safety whilst taking care of the citizens’ mental health.

To start, the debate revolved and addressed the concerns from many delegations about the indirect effect of Covid-19 on the mental health of society, especially referring to depression, anxiety and suicides that have drastically increased after lockdown was imposed all around the world, restricting people’s interactions with each other leading to  these illnesses. Although delegations such as France and Colombia were hoping to propose solutions, other countries such as the United States of America and the United Kingdom were first pointing fingers to the so-called culprits that the virus wasn’t contained in its place of origin. Another topic that was mentioned was how countries that do not have enough monetary resources are not able to combat these threats that have taken over the lives of their people with all the accumulated stress and fear of what is to come in the future, regardless of that it lead to the upheaval of concerned delegations eager to help them in their dire situation.

Subsequently, particular delegations stood out throughout the debate by thoroughly explaining their position as a country and refuting or questioning other points of view and other measurements implemented. The United Kingdom repeatedly mentioned that social media was having a major role in the increase of mental illnesses and suicide, while Sweden pointed out that the actual cause of the deterioration in mental health is social distance given the fact that humans need social interaction for survival. Nations such as France and the United States of America did not blame a specific cause but the whole pandemic in general while Russia on the other hand did not speak of causes for the rise in illnesses but of why they are being fatal. This is due to the taboo around therapy and pills to manage symptoms which would not evolve as much if treated correctly and on time. Each delegation made a valuable contribution to the global perspective of the crisis which resulted in concrete and basic ideas to come up with a solution.

Finally, most of the delegations present in the committee agreed to five main solutions to solve the short term imminent dangers that are a result of the crisis and some others that work long term to avoid such things to repeat themselves. First, the MEDCs will provide monetary aid to LEDCs to help them sustain and provide free teletherapy for those in need. Second, education on mental health from a young age to stop the taboo against such topics and to spread awareness on the importance of it. Third, training all healthcare workers for them to be able to attend a crisis of any magnitude. Fourth, since PTSD is not diagnosed when caused by natural causes,  like covid-19, then a new name or illness should be named for anxious, depressive, panic and stress symptoms that applies to natural causes as well, and finally, a short term solution for the Covid-19 outbreak which is maintaining social distancing and self isolation without a mandatory quarantine until a vaccine comes out as functional.

To conclude, various solutions were proposed, in regards to the countries where there is a financial crisis, delegations such as France, China, South Korea, United States and Sweden are willing to aid the LEDCs not only with monetary resources, but by implementing teletherapy, and giving or increasing the educational awareness of these illnesses and conditions, to not only decrease the amount of cases and suicides but to normalize the topic for it to reach a wider recognition and the attention it deserves in the twentieth century world wide.