



Original: English

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**14th Session**

Agenda Item: A

**Realizing the Rights of all Children and Adolescents  
Ensuring Access to Healthcare for all Children and Adolescents  
Promoting Mental Health and Well-being**

The United Nations Children's Fund Executive Board,

*Affirming* that the improvement of children's mental health and supporting the rights of children are aligned with the Convention on the Rights of the Children,

*Reconfirming* the present situation in which many parts of the world face barriers to adequate mental health care due to resource limitations, stigma, a lack of trained professionals, and unequal access to mental health services,

*Expressing concern* over the recent significant increase in the prevalence of mental health issues, such as depression and anxiety among children and adolescents, who have faced mental health challenges and have had little access to recover from their difficulties,

*Noting with concern* that more than one in three children and adolescents in 30 Member States have become victims of online bullying, according to a poll published by UNICEF by in 2019,

*Recognizing* the State of the World's Children 2021 by UNICEF stated that the amount of international development assistance specifically on mental health was far less than 1% in general from 2006 to 2016,

*Reminding* that there are fewer than one mental health worker per 100,000 population in low-income Member States, compared with 60 or more per 100,000 population in high-income Member States according to the World Health Organization (WHO),

*Dismayed* that nearly all affected areas helped by humanitarian emergency aid, experience psychological distress with one in five children and adolescents likely to have a mental disorder such as depression, anxiety, post-traumatic stress disorder, bipolar disorder or schizophrenia according to WHO,

*Taking into account* that around 14% women can develop postpartum depression in the world according to the National Institutes of Health's statistics in 2022,

*Alarmed by* the lack of mental health services afforded to children and adolescent refugees and asylum seekers despite the increasing trend of crisis-based immigration throughout various Member States,

*Acknowledging* the crucial role that UNICEF Goodwill ambassadors play in raising awareness of mental health issues,

*Commending* the Result-Based Financing (RBF) provided by the World Bank to incentivise governments to achieve agreed-upon results by providing financial rewards to educational institutions,

*Further recognising* the importance of WHO's Mental Health Gap Action Programme Intervention Guide (mhGAP-IG), which provides a guideline for non-specialized general healthcare workers to scale up the management of those with mental health conditions,

*Considering* Human Rights Council (HRC) resolution 36/13 in 2017 and resolution 43/13 in 2020 as instructive documents for integrating mental health services into and general healthcare,

*Underlining* that the Organization Service for Mental Health, Volume 2 published in 2003 by WHO mentions that primary healthcare workers should be equipped with skills to identify, treat and manage the majority of cases of mental health disorders,

*Deeply concerned* with the high levels of stress experienced by workers in the clinical psychological field, and those from developed economies such as United Kingdom and United States have reported a higher risk in mental health issues, while the lack of authoritative global statistics, especially in low- and middle income Member States which have a knowledge gap,

1. *Recommends* Member States cooperate with UNICEF, WHO and the United Nations Educational, Scientific and Cultural Organization (UNESCO) to create a new standardized qualification for children clinical psychologists by 2030 by:
  - a. Encouraging Member States to refer and adopt the standard testing for the health and education sector presented by UNICEF to develop national guidelines in their own respective states;
  - b. Building apprenticeship programs for students learning psychology between developed and developing Member States;
  - c. Incorporating the qualifications into the curriculum in medical educational institutions to promote the increase in the number of child mental health workers cooperating with UNESCO;
2. *Suggests* that Member States cooperate in raising awareness for mental health by:

- a. Promoting on-site psychological testing starting in elementary school and continuing through high school;
  - b. Including curricula about mental health and mental illness in school for children and adolescents to reduce the harm of bullying;
3. *Welcomes* UNICEF to collaborate with the Economic and Social Council (ECOSOC) to hold a philanthropic training system and an annual workshop to increase trained specialist on mental healthcare;
4. *Recommends* UNICEF in cooperation with WHO and UNHCR to provide humanitarian emergency aid focusing on mental health issues on affected by conflict and high-risk areas by dispatching psychiatric nurses, clinical psychologist and out-patient mental health facilities;
5. *Invites* the stakeholders in the field of maternal and child care industry to finance projects specifically focusing on postpartum depression via UNICEF, and other UN bodies such as WHO, United Nations Population Fund as their Corporate Social Responsibility activities;
6. *Fully supports* extra attention by social workers and psychologists at refugee shelters for children and adolescents through free psychological testing and one-on-one counseling by collaborating with the UN Higher Commissioners Refugee Agency (UNHCR);
7. *Invites* Member States to collaborate with UNICEF to appoint heads of religious or any groups that are close to communities as UNICEF Goodwill ambassadors to launch campaigns to address the stigma around mental health among children;
8. *Encourages* Member States to promote the integration of mental healthcare into primary healthcare through:
  - a. Organizing a workshop on a national level to contextualize mhGAP-IG Version 2.0 to provide training to optimize the content for each Member State and its region, for existing primary healthcare workers to deal with the majority of patients with mental health conditions;
  - b. Developing guidelines on the management of common mental health issues in children and adolescents for primary healthcare workers in coordination with UNICEF by 2030;
  - c. Strengthening mental health components of the curricula of undergraduate medical practitioners and nurses with the use of RBF run by the World Bank;
9. *Welcomes* Member States, Non-Governmental Organizations, and associations in mental health field to collaborate in enhancing the mental health status of clinical psychologists and counseling workers in children's psychological care by:

- a. Conducting an in-depth examination of the mental health status within mental health services;
- b. Gathering relevant statistics in low and middle income Member States;
- c. Publishing an authoritative annual research report to raise awareness;
- d. Establishing an anonymous mental health first aid hotline specifically tailored to mental health workers to provide immediate support and assistance;
- e. Building a mutual-assistant system within the psychiatric associations to provide intermediate services between patients and mental health workers when the service provider is facing mental health crises or medical disputes.