

# CELEBRATING WORLD MENTAL HEALTH DAY

## MOVING FROM WORDS TO ACTION

Implementing the General Assembly Resolution (A/77/300)  
on mental health and psychosocial support

 Thursday, October 17, 1- 2:45pm EST

 Conference Room 6, UNHQ & UN Web TV  
Lunch and refreshments provided

[Register here](#)

For queries, contact: [international@apa.org](mailto:international@apa.org)



In June 2023, the United Nations General Assembly adopted by consensus a pivotal Resolution on Mental Health and Psychosocial Support (A/77/300). This was the first time that the UN General Assembly recognized that mental health should be addressed as a stand-alone issue. The text recalls the right of every human being, without distinction of any kind, to the enjoyment of the highest attainable standard of physical and mental health (Article 12, International Covenant of Economic, Social, and Cultural Rights).

Importantly, the Resolution specifies that “health is a precondition for and an outcome and indicator of the social, economic and environmental dimensions of sustainable development.” Mental health is specified in Sustainable Development Goal (SDG) 3: “Ensuring healthy lives and promoting well-being for all at all ages.” The specific and interlinked targets of SDG 3, in particular target 3.4, promote mental health and well-being. Beyond this, mental health is a cross-cutting factor affecting virtually the entire Sustainable Development Agenda.

The Resolution adopted many recommendations, for example, Member States should:

- Work towards integrating mental health into primary health care by 2030 as an essential component of universal health coverage;
- Adopt, implement, update, strengthen or monitor laws to eradicate any form of abuse, discrimination, stigma and violence, as well as hate speech, racism and xenophobia, including in the context of mental health;
- Develop universal and targeted school-based programmes to promote mental health and well-being and by integrating mental health services and psychosocial support in schools;
- Recognize the particular needs of populations such as refugees and migrants, people with disabilities, and women and girls, older people, Indigenous people, and people living in humanitarian crises.

These are strong recommendations, and it is vital that the Resolution move beyond words on paper to measurable targets and interventions. To that end, the text concludes with a request for a progress report during the 80th session of the General Assembly.

Basic questions arise as to how this Resolution should be understood within the broader context of mental health at the United Nations, and how its recommendations should be implemented at the national level, ensuring attention to local expertise and cultural variability. Speakers will contextualize the Resolution within other efforts to advance global mental health at the UN system in New York, Geneva, and elsewhere, particularly given the upcoming 2025 High-level meeting on Noncommunicable Diseases. They will address national needs, priorities, and concrete action plans for implementation to improve mental health and advance the Sustainable Development Agenda.

This session will convene UN and civil society stakeholders, to ensure an inclusive and whole-of-society approach to implementing the Resolution. Member State staff and others in the UN community, including from the World Health Organization, UNICEF, and the Permanent Missions of Mexico, Belgium, and Romania, will exchange experiences and implementation strategies, complemented by a variety of civil society perspectives. The session will also be livestreamed and recorded to increase global inclusion and foster continued momentum.