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**World Health Organization**  
**WHA 75 – 25 May 2022**

**14.1 (f) Mental Health**

Mr. Yali Lichter  
Israel's Youth Delegate

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Thank you chair.

My name is Yali Lichter. As Israel's Youth Delegate, I am grateful for the opportunity to speak at this momentous occasion.

The WHO definition of mental health aptly captures the importance of mental health in everyday life. It defines mental health as a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” As a young Israeli representative, I am proud to say that my country believes in the growing importance of this issue. From civil society, private sector to the government, every stakeholder has played a role in putting this to practice.

Mental health today is a forefront issue, and the youth's role in highlighting it is undeniable. Our sensitivity to mental health issues is unique, as we are going through our formative years. Today, one in seven adolescents are impacted by mental health conditions. However, there continues to be a gap in diagnosis and treatment. We have sought to remove the stigma, and thereby, enable greater access to mental health services. Israel strongly aligns with this ideal. In the last decade, it has reformed the general medical services system by unifying mental and bodily treatment services. For example, access to mental health services has been included into health insurance policies. There is also an enabling environment for the growth of digital mental health services in the private sector. These services, such as apps, are a welcome intervention to address mental health problems that the youth face.

And this is only the beginning, I am enthusiastic to see how the environment develops, and how Israel strengthens such supportive interventions. I urge all countries to create shared knowledge on mental health strategies and their integration into national healthcare systems. I also highlight the need to focus on us, the youth – the leaders of tomorrow.

Thank you for ensuring this critical topic is highlighted.

Toda raba.