

# 5<sup>th</sup> World Congress on Psychiatry & Mental Health Nursing

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## Mental Health Matters !! But the word has long way to go

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The action plan is organized around a vision, goals, cross-cutting principles, universal access, human rights, evidence-based practice, life-course, and multi-sectoral approach, followed by a set of indicators and targets to be achieved in 40 years. The vision of the Plan is ambitious a world in which, (through football) a universal standard of quality checked fundamentals of a Psychological Atlas Program is valued and promoted. Subsequently, mental health awareness transcends any cultural stigmas and prevents disorders, in which persons affected by these disorders are able to access culturally appropriate health and social interventions. Youth within the various developmental phases of football (Grassroots Predevelopment Development) have a close loop quality managed system that will aid in directing future evidence-based practice within performance. It positions the necessity for more longitudinal research to better understand the many facets of psychological interventions and monitoring within football not merely at a mental health position but performance-based outcomes as well. The Plan relies on a number of cross-cutting principles: universal access and coverage, human rights, evidence-based practice, life course approach and a

The focused key objectives will be methodical and determined by an International Panel of Experts, leading in the field, both academic and practitioner alike. The Plan will include a set of achievable targets to measure global progress in its implementation. Countries are expected to develop their own national target within a needs assessment, thus aligning with global targets which will aid in the design of a

The data will be collected and published at a national level. Governed under the various nations within their respective confederations on a core set of indicators and will be cross-examined for an international case study that will benchmark a Psychological Atlas programme by 2032. Some comparisons across time will be possible on a global, regional and national level which will dictate where future evidence-based research and direction will lead. However, the main objective is to have a fundamental structure at all levels of football in youth development having access to core psychological awareness.

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