

## **If I ruled the world... Oh, okay then, Scotland,**

*By Tobiasz Gagos*

If I ruled the world... Oh, okay then, Scotland, I wouldn't focus on nonsense such as Scottish independence or whatnot. I would fight a real issue... Mental Health in Scotland. I am passionate about the topic as I've witnessed mental health issues from family and friends. I believe strongly that it's a problem which should be dealt with or at least improved.

Firstly, here's a whole bunch of statistics. One in three people suffer from mental health problems annually! The most prominent illnesses being anxiety and depression. The two illnesses in particular are huge problems, one in eight use anti depressants daily which is 12% of the Scottish population. The figure has been growing for over a decade.

In addition to this, receiving specialist care can be difficult in Scotland due to the long waits. While the issue has been noticed it has not improved. The NHS recently introduced new targets in hopes of tackling the issue, but since their implementation, the NHS has not fulfilled them. 90% of people were set to speak with a psychologist within a time of 18 weeks however only 81% had, and no improvement with the figure since. With children it was even worse! In fact, the percentage that visited a specialist had dropped since 2014/2015. The target was 90%. The result was 73%!

So you may wonder how would one solve a problem like this. It's a complicated task and would be extremely difficult but here's what I would do.

Firstly I would ensure the NHS waiting list protocols are adjusted to speed up the long waiting times. Secondly I would spread awareness because it's a problem many aren't familiar with. Lastly I would employ more psychologists. There are 3815 employed in Scotland right now and only 63% work full time. Employing more would mean the waiting are times shortened as well.

As for the dinner itself. For my selection of people they would chosen fairly, with a good ole game of Rock Paper Scissors, winners being the ones to accompany me to the dinner. I would also select my parents and 2 teachers. I would choose my English teacher and my Modern Studies teacher.