



出於關懷

在 2023 年墨爾本國際扶輪年會中，我要求所有扶輪成員大力支持我們找出各地心理健康需求的行動。這包括讓彼此感到獲得更多支持、為心理健康服務倡議，以及與該領域專家建立關係來擴大取得治療的管道。

這是項重要的任務，也是個重大的請求。可是那也是每位扶輪成員都感到熟悉的事情——因為我們所做的每件事都是本著關懷、奉獻、友誼，及慈悲的精神，從本組織創立至今依然不變。

我們已經成長茁壯為一個驚人的全球網絡，擁有 140 萬名緊密連結的社區領袖——致力於在世界行善的領袖。可是讓扶輪強大的不只是我們為所服務社區所做的事。我們也創造安全的環境讓成員可以展現完整、真實的自我，給予彼此支持及力量。我們對彼此展現安慰與關懷。

這些連結十分有意義。美國公衛醫務總監最近宣布寂寞是一項公衛流行病。維韋克·穆爾蒂醫師 (Dr. Vivek Murthy) 說：「我們必須把建立社會連結視為首要任務，就像我們把其他重要公衛議題——例如吸菸、肥胖、物質濫用——視為優先事項一樣。」扶輪跨越世代建立這樣的社會連結，讓我引以為榮——而本雜誌已在《國際扶輪英文月刊》2023 年 1 月號把焦點放在寂寞及扶輪可以採取的因應之道。

我們遍及全球的網絡及我們尊崇超我服務

的核心價值，讓扶輪成為全球倡議心理健康的強大力量。俄亥俄州立大學最近發表的一項研究發現，行善是受檢測的 3 項心理衛生療法當中，唯一有助於讓人們覺得與他人有更密切連結。這項研究的共同作者大衛·柯雷格 (David Cregg) 說：「行善似乎是促進這些連結的最佳方式之一。」

這項研究證實我們向來都明白的事——行善不僅有助於改變我們服務的社區，也可以大大改變我們。在我們把更多重點放在心理健康之際，也別把這項行動看成扶輪的新舉動，而是我們可以做的更好，因此能對我們自己及我們服務的對象發揮更大影響力的事。

我們這項行動並非從零開始。扶輪心理健康計畫行動團體數年來一直鎖定這類議題——在我們持續宣導之際，可仰賴該團團員給予指導。

心理健康的照護符合數項焦點領域。到今年 5 月，已經有 41 項全球獎助金支持的計畫將心理衛生列為重點。其中許多項都前景看好，我們將在未來幾期雜誌中深入介紹。

因此，讓我們一起努力來消除與情緒相關的汙名，提升對心理健康需求的認識，並改善取得心理衛生預防及治療服務的管道。

攜手同心，我們可以為世界創造希望。

葛登·麥金納利 R. GORDON R. MCINALLY
國際扶輪社長



In the spirit of caring

At the 2023 Rotary International Convention in Melbourne, I asked all Rotary members to become champions in our effort to illuminate mental health needs near and far. This includes helping one another feel more supported, advocating for mental health services, and building bridges with experts in the field to expand access to treatment.

It's an important task and a big ask. But it's also something that should feel familiar to every Rotary member — because everything we do is in the spirit of caring, giving, friendship, and compassion, and has been from the beginning of our organization.

We've grown into an amazing global network of 1.4 million interconnected community leaders — leaders who share a deep commitment to doing good in the world. But what makes Rotary powerful isn't just what we do for the communities we serve. We also support and empower each other, by creating a safe space for our members to bring their whole, authentic selves. We show each other comfort and care.

These connections are deeply meaningful. The U.S. surgeon general recently declared loneliness a public health epidemic. Dr. Vivek Murthy said, "We must prioritize building social connection the same way we have prioritized other critical public health issues such as tobacco, obesity, and substance use disorders." I am proud of what Rotary has done across generations to build those kinds of social connections — and this magazine focused on loneliness and what Rotary can do about it in its January 2023 issue.

Our worldwide community and our foundational value prioritizing Service Above Self makes Rotary a

powerful global advocate for mental health. A recently published study by Ohio State University found performing acts of kindness was the only one of three mental health interventions tested that helped people feel more connected to others. Study co-author David Cregg said, "Performing acts of kindness seems to be one of the best ways to promote those connections."

This research suggests what we've known all along — that doing good helps transform not just the communities we serve, but it also transforms us. As we put a greater focus on mental health, let's not think of this effort as something new to Rotary, but rather as something we can do better and as a result have a greater impact on ourselves and the people we serve.

We are not starting this effort from scratch. The Rotary Action Group on Mental Health Initiatives has been focused on these kinds of issues for several years, and we will be looking to members of that group for leadership as we continue to build awareness.

Mental health care fits comfortably within several of our areas of focus. As of May, there are 41 global grant-supported projects with a mental health focus. Many of them have tremendous promise, and we will be highlighting them in the months ahead.

So let's work together to erase the stigma associated with emotional well-being, raise awareness of mental health needs, and improve access to preventive and interventional mental health services.

Together, we will *Create Hope in the World*.

R. GORDON R. MCINALLY
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