



致健康及幸福

這

個月的扶輪雜誌特別話題是幸福，這是人類最基本的嚮往。然而，幸福不應僅僅被視為一種感覺，這種積極的幸福感及創造與維持幸福所需的條件，更應被視為一項普世權利。

12月也是扶輪的「疾病預防與治療月」，我們藉此突顯社員們在促進健康與幸福感方面所做的努力，包括心理健康。根據世界衛生組織最近的報告指出，全球近七分之一的人口患有心理健康疾患。然而，只有9%的憂鬱症患者獲得充分的治療。

在扶輪，我們很幸運擁有一種強而有力的方式來支持情緒健康及幸福：友誼。我們在扶輪建立的連結可以成為一股巨大的變革力量。我從個人經歷中深知這一點。

當我的社員首次提議我擔任扶輪社社長時，我推辭了。我有口吃的毛病，非常害怕當眾講話。但是，由於社員的支持，他們用關愛圍繞著我，使我能夠面對恐懼，並找到自信站在人群面前的方式。

如今，我經常在公眾場合演講——有些場合聽眾多達數千人——使用的語言甚至不是我的母語。我生命中的扶輪社員，幫助我在內在創造了持恆的改變。

這種夥伴精神也賦予我們勇氣及方法，在世界創造持恆的變革，而心理健康服務正迫切需要改善。世界衛生組織指出，各國政府平均僅將其衛生預算的2%投入於心理健康，而在這筆資金中，只有11%最終流向社區型服務。在某些國家，每10萬人僅有一位受過訓練的心理專業人員可提供服務。世界衛生組織已呼籲採取策略性且緊急的行動來彌補這一差距。

扶輪可以回應此一呼籲，在社內倡導心理健康意識、與地方衛生系統合作、資助社區衛生工作者的培訓，以及支持將照護帶到缺乏服務地區的倡議。即使是小額的心理健康投資，也能在生產力、公共衛生，及幸福感方面產生巨大的回報。

當我們在世界上創造持恆改變的同時，我們不能忘記要彼此關照。前國際扶輪社長麥金納利 (Gordon McNally) 明智地提醒我們，我們不應僅僅詢問「你好嗎？」這句話。而是應該真誠地問：「你真的還好嗎？」。

當我們邁向充滿新機遇的新年之際，讓我們團結行善——為治癒、友誼，及獲得幸福而努力。

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國際扶輪社長



To health and happiness

This month's special issue of *Rotary* magazine is all about happiness, that most elemental of human yearnings. More than a feeling, though, this state of positive well-being, and the conditions necessary to create and sustain it, should be considered a universal right.

December also marks Rotary's Disease Prevention and Treatment Month, when we highlight our members' work to promote health and wellness, including mental wellness. Globally, nearly 1 in 7 people have a mental health disorder, according to a recent World Health Organization report. Yet only 9 percent of people with depression receive adequate treatment.

We are fortunate in Rotary to have a powerful way to support emotional well-being and happiness: friendship. The connections we build in Rotary can be a powerful force for change. I know this from personal experience.

When my fellow members first proposed that I become club president, I demurred. I had a stutter. I was terrified of speaking. But having club members who supported me and surrounded me with affection enabled me to face my fear, and I found a way to stand confidently before a crowd.

Today, I regularly address audiences — some numbering in the thousands — in a language that is not native to me. The Rotary members in my life helped me create lasting change within myself.

That fellowship gives us the courage and means to create lasting change in the world as well, and mental health services are in desperate need of improvement. The WHO reports that governments on average devote only 2 percent of their health budgets to mental health, and only 11 percent of that funding reaches community-based services. In some countries, only one trained mental health professional is available for every 100,000 people. The WHO has called for strategic and urgent action to close the gap.

Rotary can answer that call by championing mental health awareness in our clubs, working with local health systems, funding training for community health workers, and supporting initiatives that bring care to places where none exists. Even small investments in mental health yield enormous returns in productivity, public health, and happiness.

While we are creating lasting change in the world, we cannot forget to take care of each other. Past RI President Gordon McInally wisely reminds us that we must go beyond asking, "How are you?" We owe it to each other to instead ask, "How are you *really*?"

As we transition to a new year filled with new possibilities, let us *Unite for Good* — for healing, friendship, and access to happiness.

FRANCESCO AREZZO

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