

EDITORIAL**Contemporary Mental Health**

Among the advances pointed out in reports monitoring the achievements of Nursing, there is the axis of education. The inclusion of practical teaching methodologies and valorization of the continuing education of nurses, which enabled educational progress in favor of a qualified practice^{1,2}. Despite the advances made so far, *the State of Nursing in the World Report*, prepared in 2020, emphasizes the need to qualify education in Nursing to meet socio-sanitary demands and technological evolution³, including mental health.

Investments in education have become even more necessary with the COVID-19 pandemic, classified as a Public Health Emergency of International Concern (PHEIC) and which has posed a major threat to countries' health systems³. Likewise, all other health professionals and those in similar areas need to be attuned to contemporary mental health demands.

The demographic transition has significantly changed the scenario of health services, since the accelerated aging of the population leads to multiple non-communicable chronic diseases (hypertension, diabetes, neoplasms, dementia, and others), which, in addition to chronic communicable diseases (malaria, tuberculosis, Ebola, among others), represent challenges for global health²⁻⁴. In themselves, illnesses as a whole tend to lead to a significant burden of mental suffering.

Mental health is the subject of concerns that resulted in an Action Plan developed by WHO in 2013, prioritizing four goals: strengthening effective leadership and governance for mental health; provide comprehensive, integrated, and responsive mental health and social care services in community settings; implement mental health promotion; and prevention strategies and strengthen mental health information, evidence, and research systems⁵.

The demands arising from mental health issues increased with the COVID-19 pandemic, which motivated discussions, in 2021, at the WHO Mental Health Forum, in the search for strategies to meet these demands with an emphasis on the integration of universal access, which requires the development and strengthening of health services and psychosocial support, based on the needs of the community and also the inclusion of technological innovations in the mental health care process⁶.

Aware of this reality, it is clear that mental health needs to be incorporated across all health devices and, consequently, be more clearly intertwined in the scientific environment to favor the development of knowledge and practices that promote comprehensiveness in health.

At the beginning of each year with the "*White January*", there is a month of awareness of mental and emotional health, and this proposal originated in Minas Gerais, Brazil, since its creator (the psychologist Leonardo Abrahão) was born in Uberlândia, a city located in this welcoming state, where several movements in defense of the Psychiatric Reform also took place⁷.

Initially, "*White January*" was just gradually consolidated a campaign and, on April 25, 2023, it was incorporated into the Brazilian calendar through Federal Law 14556⁸. Currently, it is recognized worldwide, since it is common for people to make, in the month of January, a reflection of the cycles of their lives, which is coherent with the etymology of January, because Janus is the God of time, and, in his mythological figure, he has a look at the past and another at the future.

Thus, this is a time to review plans, rethink projects and goals for life, practicing self-knowledge and self-care. All of this needs to be permeated by peace, purity and clarity that are the meanings of "white" which is the color adopted in this month of awareness.

In this reflective context, it is also necessary to consider the need, as health professionals, to invest in the advancement of the axis of nursing education, extending to other health categories, in the qualification of care for the growing elderly population, in emphasizing the growing mental health needs resulting from the COVID-19 pandemic and non-communicable diseases and conditions.

In the phrase of Leonardo Abrahão: "*Who takes care of the mind takes care of life*".

Happy reading!

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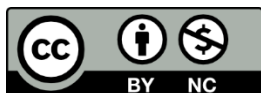
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