

Dear Friends,

As you know, earthquakes, flood disasters, wars and global war hazards, migrations and global outbreaks, damage to grasshopper crops, continental forest fires, dropped passenger planes, economic crises have been marked by more than two months. It is obvious that 2020 will not be so soft. Question! What should be our stance as mental health professionals? Does humanity draw enough lessons from this situation, or does everyone pursue self-recovery?

It seems that this may be an important turning point, what we can do in this turning point. Will people change if all this can be prevented? It is an important question. Some opinions are that this will not happen. Unchanged Man will be able to prepare and summon bigger disasters. Almost all the disasters mentioned above and maybe we have forgotten to count are human hands. We disregarded nature, natural life, the system we established, our health, our neighbors, each other, everyone kept thinking themselves. While it is necessary to deal with a phenomenon like an earthquake, there is a big mob that wants to inflate its pocket here in Turkey. There are states that do not want to sign the "global fossil fuel use restriction agreement" for global health and want to use fossil fuels to the full. There are companies that continue to drown the earth globe into plastic waste. There are countries and companies that send poisonous wastes to third world countries and release them to nature rather than destroy them.

As mental health professionals, we are obliged to present another existence from individuals to society. People are living with more and more fear every day, and the bad management of all the increasing problems should be part of this. It is obvious that it is very necessary to turn this crisis environment into a profit for the society. In our view, as a mental health worker (Psychologists, Psychological Counselors, Psychiatrists, Psychotherapists), as social scientists (Social Workers, Sociologists, Philosophers, Teachers), we should cooperate to get out of this pit with benefit, and that means enlightenment on the basis of individuals and essentially It means knowing yourself, knowing the reason for the existence of life and knowing the meaning of the disasters itself.

Although it is important to prevent social epidemics and to protect against disasters, we are afraid that this may not only go beyond people's relief and we afraid that people can continue their lives without learning anything from what is going on around. Of course, you may disagree with these predictions and thoughts. The ideas and desires of each of you are valuable. And if you agree with some of these thoughts, we can help each other to discuss what can be done on different platforms to ensure that all people can see themselves as the cause of what happened and that everyone understands that everyone should be responsible for everything. I hope these thoughts will resonate.

With my best regards,
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