

GSCF statement on the adoption of the UN Political Declaration on NCDs and Mental Health

The Global Self-Care Federation welcomes the UN General Assembly's adoption of the Political Declaration on NCDs and Mental Health, which effectively positions self-care as a key enabler to advance the Declaration's commitments.

To accelerate the Declaration's vision, GSCF and the United for Self-Care Coalition launched the "Health for All, by All" Manifesto, championing self-care as a powerful public health strategy.

Through the Manifesto, we commit to working with policymakers and Member States to embed evidence-based self-care interventions into health plans at global, regional and local levels as well as strengthen health systems in the fight against NCDs.

We call on policymakers and Member States to make this a reality by:

- Providing dedicated investment in self-care infrastructure
- Incentivizing self-care within financing models
- Embedding self-care in health workforce planning
- Integrating self-care into primary care strategies
- Systematically involving patients and people with lived experience into , policies, products and tools.

The Manifesto's message is clear- through investing in selfcare, we can make healthcare more accessible, more efficient, and more equitable.

Read the Manifesto here: <https://www.unitedforselfcare.org/wp-content/uploads/2025/09/GSCF-U4SCC-Self-Care-Manifesto-digital-190925.pdf>