

## **From the Editors**

The end of the old year and the beginning of the new year are always a time for summing up, resolutions and reflection. It is a time that generates various emotions: hope, but also fear. What awaits us in this difficult, uncertain world? What will the coming weeks and months bring? It is impossible not to think back to 2020, which we entered as usual, and which completely shook our sense of agency and stability due to the virus that altered all our plans and priorities. Suddenly, we collectively realised how fragile our everyday life is – our calendars were so full, so many events, trips, conferences, so many extremely important professional matters, so difficult to reconcile with private, family and social life. So many times we thought it was worth stopping for a moment. And we had to test the wise saying “be careful what you pray for, you might get it” on ourselves – the pandemic stopped the world and us along with it. The issue of COVID dominated medical science, we rightly predicted the long-term effects of the pandemic on the mental health of adults, children and adolescents [1–9]. In the current issue we also return to this subject.

The pandemic was over, we were released from our homes, we returned to our usual rhythm of activities. Finally, we could breathe a sigh of relief – after all, “we’re still in the game”. Science gave us effective vaccines, we felt safe. It would soon turn out how illusory this feeling was, because then came February 24, 2022, when Russia attacked Ukraine. Hundreds of thousands of refugees came to Poland, we behaved wonderfully, opening our hearts and our homes to them. And psychiatry faced a new challenge – treating war trauma and post-traumatic stress disorder and including it in our healthcare system [10–13]. Psychiatrists organised help for colleagues from Ukraine and medical support for Ukrainian patients staying in our country. The Polish Psychiatric Association established the Ukraine Aid Committee, we invited young colleagues (or rather, due to the war situation, female colleagues) to conferences and trainings (e.g. within the framework of the School of Young Psychiatrists of the Polish Psychiatric Association, or joint activities of the Polish Psychiatric Association and the World Psychiatric Association), we participated in conferences organised by the Ukrainian Psychiatric Association. Along with the dramatic situation of our eastern neighbours, questions about our future, our safety, but also questions about the genesis and limits of evil, about what man can do to another man, returned.

All this makes us open the New Year’s champagne with less optimism and joy, and we look behind the door marked New Year very timidly and with fear. In our “psychiatric” backyard, we wonder what will happen next with the reform and financing of Mental Health Centres, which have brought a lot of good to our patients [14–18]. We hope that decision-makers will continue the path of reforming psychiatry, providing it with decent and adequate financing. In 2025, we await the Polish Psychiatric Association Congress and elections of the new Management Board of the Association. Remember that the future shape of psychiatry depends on us, which – as Professor Adam Szymusik wrote – “is our political party”.

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