

From the Editors

Dear Readers,

New year, new challenges, new hopes... We are very much looking forward to the reform of psychiatry and good functioning of Mental Health Centers. Psychiatria Polska is hopefully waiting for information on whether and under what conditions scientific journals will be able to apply for a grant from the Ministry of Science and Higher Education (here we would like to thank the company “Koral” for selfless financial support: Ladies and Gentlemen, you have not only good ice cream, but also a good heart!). Currently, articles about the crisis of child and youth psychiatry are sweeping through the media. Finally, public opinion begins to notice the dramas of people with mental disorders, finally there is a growing recognition of how widespread this problem is and how much our patients need attention and social sensitivity. It is a pity that in a situation where we should all stand on one side of the barricade, it is often we – psychiatrists who have to defend our reputation and counter the statements that blame us for the system malfunction.

In the “times of the plague” our profession and contact with a particular type of suffering becomes even more of a challenge. Psychiatry teaches humility towards the human, teaches curiosity about the human, teaches how to get to know the human from many perspectives and in different contexts. Contact with such subtle matter as the psyche obliges us to ask important questions about the condition of the human in the modern world, to engage, not to remain indifferent to the surrounding reality. This reality can be difficult – we are flooded with shame and kitsch, where beautiful, important and valuable things perish in the flow of millions of unnecessary pieces of information. We should not be offended by such reality, but try to change it and enrich it by “doing our best”. Sometimes our actions and commitment seem to be a drop in the ocean of needs, and the effects as small as a grain of sand. Remember, however, that without individual drops there would be no oceans, and without a single grain there would be no Sahara.

**Dominika Dudek – Editor-in-Chief,
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