

## FROM THE EDITORS

Dear Readers,

In no time, we are almost halfway through 2015. Currently many issues concern psychiatrists, and does not fill them with optimism: an uncertain future implementation of the National Mental Health Protection Programme, or the recent amendment of criminal law, entering into force on 01.07.2015, on the significant enlargement of implementation of treatment and precautionary measures in psychiatric institutions. Prof. J.K. Gierowski [1] wrote in *Psychiatria Polska* about the misunderstanding and even conflict in this matter, between politicians, lawyers and psychiatric community, almost one and a half year ago.

Several tragic, dramatic events (German Wings plane crash, the recent murder in Tworki) creates a bad social attitude towards the mentally ill. Our environment does not remain indifferent and is actively involved in the discussion – it is expressed by Letters to Editor, written by Elwira Marszałkowska-Krześ and Andrzej Brodziak, published in the current issue of the magazine. We are all aware of our responsibility – on the one hand for a safe environment for patients while ensuring adequate treatment to the ill, and on the other for creating the image of psychiatry and psychiatrists [2, 3]. Aggressive behaviour occurs naturally among our patients. It is worth remembering that aggression is the most common social reaction both in the human and in the animal world, and it has its evolutionarily conditioned neurobiological origin [4]. However, cases of dramatic and widely reported in the media acts of aggression committed by the mentally ill cannot dominate the image of mental disorders and stigmatize our patients. After all, stigmatization is one of the biggest obstacles on the way to recovery [5]. For us, psychiatrists, it is clear that the aggression of patients is most commonly directed to themselves and takes the form of suicidal behaviour or various types of indirect forms of self-harm [6–8]. Not without reason several interesting articles on these issues are included in the current issue of *Psychiatria Polska*, and we would like Readers to pay special attention to them.

We have slowly started to think about the Polish Psychiatric Association Congress, which will take place next year in Katowice. Editors of *Psychiatria Polska* applied to the Board of the PPA with the initiative to establish award for Friend of *Psychiatria Polska* – a person who contributes most to the development of our magazine, citing texts published in our magazine, reviewing papers and promoting the periodic on

international forum. We hope that this symbolic award will be seen as sympathetic accent, encouraging further cooperation.

We present the current issue, and we wish you an interesting reading during the summer holidays.

**Dominika Dudek – Editor-in-Charge**  
**Jerzy Sobański**  
**Katarzyna Klasa**

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