

IMPORTANCE OF MENTAL HEALTH SUPPORT IN STUDENTS

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According to Department of Health, there are about 3.3 million Filipinos who live with depressive disorders, with suicides rates of 2.5 males and 1.7 females per 100,000 persons in the Philippines. From 2000 to 2012, the World Health Organization (WHO) recorded over 2,000 suicide cases, the majority of which involved individuals aged 15 to 29.

Mental Health is one of the biggest concerns globally. Many people suffer from mental health issues. What's more concerning is that there is an increase in mental illnesses and suicide cases among the youth. There is also an alarming number of youth ages 13 to 17 who have contemplated taking their lives that is 11.6 percent. There is also 16.8 who have attempted suicide. According to those with expertise in the field, everyone has an important part to play in promoting mental wellness.

The state of our mental health has an effect on both our physical and overall well-being. That is why it is important that it is kept in check especially in students. The way the mind works affects the way the tasks are done. A person that is suffering from mental health issues such as anxiety, depression, an eating disorder, or addiction can find it difficult to maintain focus, find motivation for tasks and relate to peers. A good mental health is important for students to be able to keep up with the tasks needed in school,

Depression is the leading cause of student dropouts, according to the Association of University and College Counseling Centre Directors (AUCCCD). Students' mental health greatly impacts how they perform in schools. A healthy mind is most likely to gain more information and develop new skills. When students are struggling with mental health problems, completing tasks and requirements is difficult for them.

Many students suffer from this problem that is why it is important that support is given by the people around them. Reducing the stigma of mental health issues allow students to open more. It is also important that schools discuss this topic more and teach the students stress reduction techniques. Having a safe and healthy environment is also important. Having enough sleep also helps with mental health. When students get this support, it will be easier for them to reach out and handle these mental health issues.

Getting enough support and a healthy mental health, well-being and growth mindset allows students to perform well and excel in school. Having a good mental health will help students grow and learn more. That is why it is important to prioritize mental health the same way physical health is prioritized.

References:

Promoting Student Mental Health In

<https://www.accreditedschoolsonline.org/resources/student-mental-health-resources/>