

## “MENTAL HEALTH AWARENESS CAMPAIGN: AN IMPORTANT MESSAGE IN CATERING STUDENTS’ CONCERNS”

*by:*

**Theresa L. Manglicmot**  
*Clerk, Orani National High School - Main*

Once we hear the words “mental health” these days, the first thing that comes to mind is how much it matters and that it should be taken seriously. As we all know, mental health issues were not given much attention before not until they became extensive during the surge of the pandemic. It became more serious when lockdowns are implemented which caused everyone the freedom to do the usual routines on a normal day.

Indeed, the long-time closure of schools and other workplaces resulted in unexpected problems for everyone. The number of suicidal attempts also increased into a larger count. This is evident specifically in those students who experienced a drastic change in their educational setup. It became more alarming when they are already experiencing sleep disturbances, lack of motivation, and loss of will to keep up with the things that they usually do such as studying.

The struggle is unimaginable especially if someone is in a closed space thinking about financial constraints, education, etc. which can lead to stress, anxiety, depression, and worse suicidal attempts. Mental health truly is a serious and sensitive topic that’s why it requires enough understanding to avoid making it worse.

Since it became common among students, one strategy that has been taken is the campaigns about mental health awareness. It addresses the topic in a manner that everyone would understand given that some may not fully agree with the idea of how it

starts. Like what people say, it's easy for someone to dismiss what he or she doesn't understand.

With this particular issue, it is a must to take part in helping people who are struggling all by themselves especially students who are losing the will to continue. It's just a matter of empathy and patience to deal with such kinds of problems. Everyone matters and so is mental health.

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