

EVERY CHILD NEEDS A GUIDE: STRENGTHENING MENTAL HEALTH AND WELL-BEING IN SCHOOLS

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In every classroom, behind every desk, there is a student who is thinking about more than simply textbooks and homework. Along with math and scientific education, youngsters quietly carry worries, fears, tensions, and emotions that are generally overlooked. This is why mental health and well-being must be considered as integral aspects of a kid's education, because every child, regardless of background or talents, requires a guide to help them navigate not only school but also life.

The world is more connected, competitive, and fast-paced than ever before, and these changes provide new challenges for young minds. Academic pressure, social expectations, family issues, bullying, and even the influence of social media can all overwhelm a student, leaving them feeling confused or alone.

Many kids cannot articulate their feelings, and symptoms of mental health issues, such as withdrawal, mood swings, or deteriorating grades, are sometimes misinterpreted as laziness or misconduct. The truth is that without adequate emotional care, many children suffer silently.

Schools are more than just academic institutions; they are communities in which children develop socially, emotionally, and morally. This makes them an ideal setting for raising mental health awareness and support.

When schools invest in the mental health of their kids, they create safer, healthier, and more accepting environments. A student who feels emotionally supported is more likely

to engage in class, form meaningful friendships, and develop resistance to future stressors.

Every child requires a reliable adult to turn to – a teacher, counselor, or mentor who can provide advice, understanding, and support. Mental health education should be included in the curriculum, and schools should hire professional counselors who are trained to help children deal with stress, anxiety, bereavement, and emotional conflict.

Peer support groups also play an important role. Sometimes knowing you're not alone can make all the difference. Teaching students how to help one another promotes kindness and emotional intelligence.

One of the most significant impediments to good mental health in classrooms is silence. Mental health is frequently perceived as a "private" issue or something to be embarrassed about. However, when schools break the silence – through open discussions, awareness campaigns, and normalizing the need for assistance – kids are more likely to call out and receive the support they require.

Every youngster deserves more than simply written lessons. They deserve support, care, and understanding as they navigate life's problems. By improving mental health support in schools, we not only produce better students, but also kinder, stronger, and more emotionally aware people.

Growing up isn't always easy, but no youngster should have to do it alone. With the correct assistance and supervision, every student has the potential to achieve not only in school but in life.

References:

<https://mhanational.org/resources/what-every-child-needs-for-good-mental-health/>
Federation of Families for Children's Mental Health www.ffcmh.org