

The Problem of Mental Health

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Problem statement:

While there are many ways to help college students overcome their mental health issues, they still suffer from it.

Details:

College students have stress from the balance of studying, social life, and finances. This takes a toll on their mental health, which can cause anxiety and depression. The effects of this can be very noticeable, especially when it affects their performance in their studies, their ability to interact with their peers, and causes thoughts of self-harm. This is unfortunately very common in college campuses around the United States.