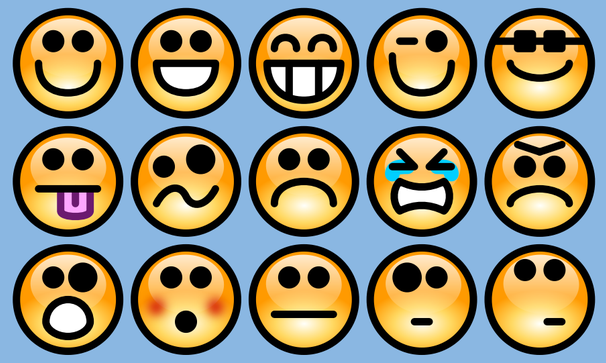
The Crucial Role of Mental Health Awareness in Enhancing University Student Well-being

Promoting a Positive and Effective Learning Environment

Definition of Mental Health

Emotional



Psychological

Social Well-Being

Challenges Faced by University Students

Academic Pressure

Time Management

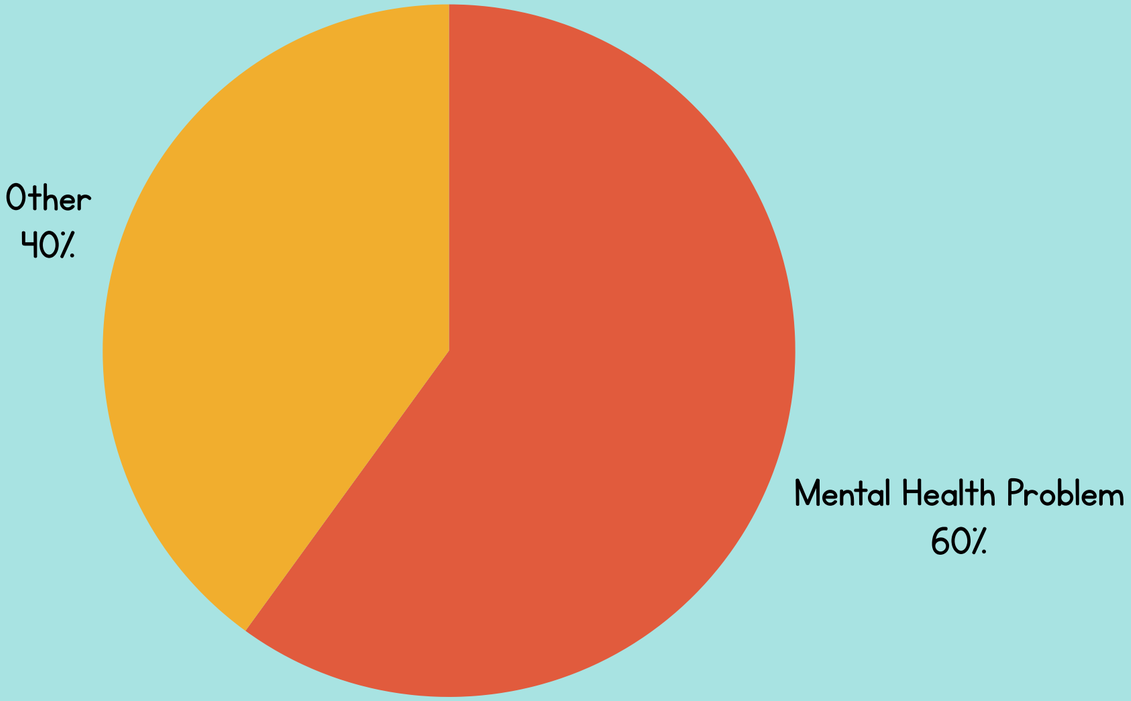
Financial Stress

Career Uncertainty

Social Adjustments

Pressure to Succeed

Statistics on mental health issues among university students

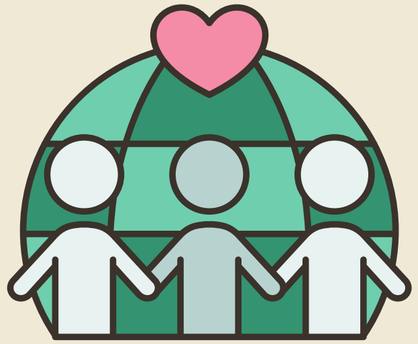


During the 2020–2021 school year, more than **60%** of college students met the criteria for at least one mental health problem

Importance of Mental Health Awareness

Reduces Stigma

Improves Academic and Personal Outcomes



Creates a Supportive Community

Initiatives for Promoting Mental Health Awareness

Campus-Wide Campaigns

Educational Workshops and Seminars

Online Platforms and Social Media

Q&A

Ask Me Questions