**Lack of awareness about mental health (TEAM 12)**  
Suggest ways to improve mental health awareness among Pakistani youth.  
What role should schools and media play in this effort?

A crucial aspect of general well-being, particularly for young people, is mental health, which is sometimes disregarded and criticized. Youth mental health awareness is still a significant and unresolved issue in Pakistan, a country with many social and economic problems. In order to solve this, it is critical to acknowledge the critical role that media and educational institutions play in creating a culture of empathy, understanding, and support. These organizations can make a substantial contribution to raising mental health awareness among Pakistani youth by promoting open dialogue, providing accurate information, and encouraging help-seeking behavior, these institutions can significantly contribute to improving mental health awareness among Pakistani youth.  
  
Schools play a pivotal role in shaping the mental health landscape of young individuals. Schools can enable students to freely share their mental health issues without fear of criticism or judgment by establishing inclusive and secure spaces. Putting in place mental health awareness initiatives, such as seminars and workshops, can give students the information and abilities they need to identify the warning signs of mental health disorders. Additionally, schools can set up counseling services with trained mental health specialists to offer prompt, private assistance to struggling pupils. Schools may establish a supportive and caring atmosphere where children can flourish by emphasizing mental health and encouraging an empathetic culture.

The media, as a powerful tool of communication, has the potential to significantly impact public perception of mental health. Media sources may clarify myths and misconceptions about mental health disorders by providing factual, evidence-based information. They can also dispel doubts and advance truthful depictions of people with mental health issues. Encouraging open discussion about mental health can lessen barrier and normalize the experience. Additionally, media outlets can support healthy living choices, stress reduction methods, and mindfulness exercises as well as other good mental health practices. The media may significantly contribute to increasing awareness and fostering understanding by taking a responsible and considerate approach to reporting on mental health issues.

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Encouraging help-seeking behavior is crucial for improving mental health outcomes. Workshops can be held in schools to clear up misconceptions and teach youth the advantages of asking for assistance. Schools can encourage students to put their mental health first by presenting personal accounts of people who have recovered successfully. Giving people knowledge about the options for mental health that are accessible can encourage them to start. Media sources can also encourage a culture of self-care by emphasizing the value of getting treatment and sharing encouraging recovery stories. The media can encourage people to get the help they require by informing them about available mental health resources.  
In conclusion, by fostering open dialogue, providing accurate information, and encouraging help-seeking behavior, schools and media can play a pivotal role in improving mental health awareness among Pakistani youth. By working together, these institutions can create a supportive and understanding environment where young people feel empowered to prioritize their mental well-being and seek the help they need. Ultimately, by addressing the issue of mental health stigma and promoting positive mental health practices, we can create a brighter future for generations to come.

REFERENCE:

1. [Milkar: Uniting for Mental Health Awareness in Pakistan](https://www.britishasiantrust.org/latest-updates/blogs/milkar-uniting-for-mental-health-awareness-in-pakistan/)
2. [Youth Mental Health | HHS.gov](https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html#:~:text=Why%20Youth%20Mental%20Health%20Matters,life%20outcomes%20in%20young%20people.)
3. [Mental health](https://www.who.int/health-topics/mental-health#tab=tab_1)

ROUGH DRAFTS

Thesis Statement: Schools and media play a crucial role in improving mental health awareness among Pakistani youth by promoting open dialogue, providing accurate information, and encouraging help-seeking behavior.

Main Point 1: Schools can create safe spaces for students to discuss mental health concerns and provide access to counseling services.

Supporting Point 1: ?????

Main Point 2: Media outlets can contribute by disseminating accurate information about mental health, challenging stereotypes, and promoting positive mental health practices.

Supporting Point 2: Media is a powerful tool which can help clarify the news from fake to real like giving real symptoms or depictions of menta health problems to people.   
(We need to convert join them think about it)

main Point 3: Both schools and media can encourage help-seeking behavior by normalizing the process of seeking professional help and providing information on available resources.

supporting Point 3: share story of successful recoveries, show the importance of asking of health, organize workshops.

then conclusion aiga.