

Recognizing Mental Health Neglect and the Need for Change

Importance of Mental Health Programs The topic of mental health has risen in popularity in the last decade. With this emergence, many college campuses have developed specific departments and programs that specialize in tackling these issues for their students and faculty. The importance of the implantation of these has been a topic have become a source of an argument that seems to teeter both ways. I believe that they are a vital part of a student's development and are extremely important. I will be analyzing this argument in order to justify my stance.

The importance of mental health is a problem that has been ignored for years. Due to ignorance, many people dismiss mental health problems as people being dramatic or overreacting. For many years mental health has been downplayed as something that is a simple fix when in fact, mental preservation takes effort and proper resources. Before the emergence of modern-day social media within the last decade, the rhetoric of mental health was not often discussed. "According to a Washington Post report, it is estimated there is only one psychiatrist per 1,807 children who need mental health services in this country.

"Considering the individual student's characteristics and life experiences can inform responses to both identified and anticipated needs, as well as support development within each realm. We must remember that while the college experience brings together groups of students facing similar transitions and challenges, students will also face their own personal challenges that reflect their identities and personal path." (Suzanne, 4) Many students are not educated on how to balance academics with mental health, as it is not often discussed. The implementation of these programs does just that. Often these programs are offered for free only in school environments.

Most jobs don't offer mental health services that can assist their employees in their personal life. If a person is going through a mental struggle, they are expected to go out and get a therapist, which can be a very expensive venture. When resources are made available to the students from they are in school, they can learn the skills that will assist them in managing their own mental health personally. Therefore, when they graduate and don't have these avenues, they can be better prepared to handle them on their own.

Not only do they offer education that will last beyond the student's years in college, but they also offer resources for the students to deal with any mental health struggles they are battling at the moment. The need for mental health programs in high-stress environments is shown to be more important now than ever before with the countless gun violence situations that have occurred. Many school shootings that occur on college campuses are said to be done by people with mental illnesses. It only takes an instance for that person to go over the edge and harm many other students.

Ensuring Continuous Mental Health Support for Prevention and Awareness

There is hope that this attention and recognition of mental health issues will continue.

Without the general public being educated and demanding these programs, it could be easy for a university to decide it is not worth the budget anymore and pull funding. "It's estimated that 1 in 5 adults suffer from a mental illness, and nearly 60 percent of these people haven't received treatment in the past year. In a high school, many teens could be struggling with unaddressed mental health issues, since 1 in 5 young people ages 13-18 have a mental health condition." (Chamberlain).

Many tragic events could have been prevented had many people been evaluated and guided mentally from being younger in middle, high school, and also college. Prevention is often an easier task than mitigation. Mental health programs serve as a preventive tool for many students who are close to experiencing rock bottom. There is hope that this attention and

recognition of mental health issues will continue. With the many benefits that these programs provide, their importance is evident. Mental Health programs are extremely important for schools because they raise awareness, offer guidance and prevent damaging situations.

References:

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