

Challenges and Bridging Mental Health Education

In high school, most students are dependent upon their teachers and are not expected to be responsible for many things other than what is told or provided to them. The format in high school is a complete 180 from the colleges. In college, students are expected to manage their school work on their own, watch deadlines, submit assignments, and sometimes have employment. When anyone is trying something new, it is a period of experimentation as they will need to figure out what will work for them, when this period of exploration is met with difficulties where the line of mental health comes in.