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Why is Mental Health Getting Worse?

Times are changing and so do people. Decades worth of research has been done. Mental health has been changing and becoming more prominent. People who were born in the 90s and on have shown an increase in mental illness. Why is it worse than back then? “Americans born in the mid- to late-1990s, are experiencing mental health problems at a rate higher than previous generations” (Twenge). The growth continues and it will not stop without action. Future generations are going to be affected. Mental health is a hot topic now as most of the younger generation struggles from it.

Travel back in time to the Roaring 20s. It was a time of change, jazz and flapper dresses. Mental health was misunderstood back then. Medicines were not advanced and many of the experiments done on humans were unethical simply because doctors did not understand what was happening. Now there has been research done and medicine improvements, but even with all the progress why is there still an increase in mental illness.

All the signs are there but no one is noticing. After many years there is a steep incline in mental health illness. Identify the changes in the world since the 1920s, the development of technology, smart phones, and new ways of communication. Trauma is also included. More people have entered the military and there is also an increase in abuse. Post-traumatic stress disorder (PTSD) is under the category of mental health. Veterans who fought in Iraq or kids who were in the school shooting at Sandy Hook Elementary School in 2012 have suffered from PTSD as well. Health facilities and public schools are accused of not providing help to students and patients when asked. “College counseling centers reported sharp increases in the number of students seeking treatment for mental health issues” (Twenge). And most recently, Covid-19. People needing to stay home and secluded from people.

Too many people and not enough help and resources. Population around the world continues to increase. The population went from an estimated amount of 200 million in 1 A.D. to 7.9 billion in 2021. Around 790 million people around the world suffer from mental illness. The number of specialists is not close in any way to the number of people suffering from mental illness. “In U.S. public schools today, it’s estimated there is one school psychologist for every 1,381 students” (Strauss). The percentage of those students who need psychologist help more deeply is unmatched. Students are not receiving the care they need to help with their mental illnesses. Some students need more attention than others. The psychologist is overloaded with work, but this ratio can never be lowered enough. The government tries to lower it, but there is not enough money in public schools to fund more specialists. Time will continue to go on and the number of people suffering from mental illness will increase. As there are plenty of reasons why there is an increase, everyone has their own opinions. People have their own experiences as well with mental illness.

Jean Twenge Professor of Psychology. “The Mental Health Crisis among America's Youth Is Real – and Staggering.” *The Conversation*, 20 July 2021, https://theconversation.com/the-mental-health-crisis-among-americas-youth-is-real-and-staggering-113239.

Strauss, Valerie. “Analysis | If Americans Really Cared about Students' Mental Health, These School Ratios Would Be Very Different.” *The Washington Post*, WP Company, 5 Apr. 2019, https://www.washingtonpost.com/news/answer-sheet/wp/2018/02/15/if-americans-really-cared-about-students-mental-health-these-school-ratios-would-be-very-different/.