Part 1 Outline

Thesis: Mental health is a hot topic now as most of the younger generation struggles from it.

# **HOW MENTAL HEALTH HAS CHANGED OVER TIME**

## Topic sentence: Times are changing and so do people.

### People born in the in the 90s and on have shown an increase in mental health illness

### “Americans born in the mid- to late-1990s, which she identifies as “iGen,” are experiencing mental health problems at a rate higher than previous generations” (Twenge).

### The growth continues still and the future generations could only get worse.

### Thesis

# **WHAT WERE THE SIGNS**

## Topic sentence: All the signs were there, but no one was noticing.

### We can see that after many years the incline of mental increase was steep.

### The development of technology, mental health facilities becoming more abundant, coronavirus, trauma.

### “College counseling centers reported sharp increases in the number of students seeking treatment for mental health issues” (Twenge).

# **NOT ENOUGH HELP**

## Too many students and not enough resources.

### Students help keeps increasing and increasing, but no one is there to help them when they need it most.

### “In U.S. public schools today, it’s estimated there is one school psychologist for every 1,381 students” (Strauss).

### This has been a problem over time and the government tries to lower this ratio, but it can never be low enough for the amount of money schools have.

### As time goes on, more reasons for mental health problems occur. Everyone has their own experiences and their own opinions.

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/.