Part 3 Outline

Thesis; There is not *one* thing that has caused the major increase in mental illness.

## From then to now

1. Topic Sentence: Mental health awareness is not being talked about as much as it should be.
2. Time goes on, things change, but are people aware of the mental health crisis that is going around the world?
3. People would think the increased rate in mental illness would be more noticeable. People are glued to their phones, only worrying about what is put on the media. If a problem isn’t put out by celebrities or the biggest news station, people do not know it exists.
4. People from all over the world suffer from mental health, the United States have one of the biggest rates for people with mental illness.
5. Thesis

# One individual is not at fault.

1. Topic sentence: The world can not blame one individual for the world’s mental health crisis.
2. Social media is available across the world. So many people have access to it and this contributes to the mental health crisis.
3. There is constant comparison between individuals. People of every age are on social media posting what is happening in their lives.
4. Trauma is not caused by victim. Trauma happens at random times and the victims did not choose their life. The people who respond to peoples traumas, doctors and counselors, are not at complete fault for the mental health crisis either. There are doctors and counselors who do everything in their power to help. These doctors will not turn someone away or deny them treatment.
5. Some people cannot afford to treat their mental illness and it progresses. This is not their fault, some treatments are more than others.
6. People sue schools for bad things that happen to their children, but the school is not always at fault. There are some school counselors and psychologists who try their hardest, but with having so many other students they are not able to help as if they were a one to one counselor to student ratio. Schools can merely not afford to hire more counselors with the strict budgets they are given.

# To finish

1. It is from the mixture of all the variables in peoples’ lives that are the reason for the increase in mental health.
2. Mental health is a serious problem in todays society. The toxic social media posts cause depression and anxiety.
3. Trauma brings anxiety and there is not enough that can be done to help.
4. There are too many people with mental illness and help is needed.