**Tom**: Mike, have you noticed how much more attention mental health issues among students are getting lately? It seems like more and more young people are dealing with stress, anxiety, and even depression. It's honestly kind of worrying.

**Mike**: Yeah, I’ve noticed that too. The pressure students face these days is insane. The expectations to perform well academically, social media comparisons, and even family demands — it’s all just too much. But here’s the big question: who’s responsible for taking care of students’ mental health? Is it up to the students themselves, their parents, the schools, or society as a whole?

**Tom**: It’s a tough one. I think students should take some responsibility for their own mental health. They need to be able to recognize when they’re struggling and seek help. But honestly, I think that’s only part of the solution. I know a guy, Ryan, who was really quiet and introverted. He had anxiety but didn’t know how to talk about it until one of his teachers noticed he was always late to class and seemed off. She recommended he talk to the school counselor. That’s when he realized he needed help.

**Mike**: That’s a good example. Sometimes students are just too afraid or too proud to ask for help, especially when they feel like they should be handling it on their own. But parents also play a huge role in this. If parents aren’t creating an open environment at home, it can be really hard for students to open up. I have a friend, Jack, whose parents are always pushing him to get better grades. He never felt comfortable telling them about the pressure he was under, and eventually, it got to the point where he had a breakdown during finals week.

**Tom**: Yeah, I’ve seen that before too. Parents can sometimes make it worse without even realizing it. If they don’t talk openly about mental health, their kids might just keep everything bottled up. But honestly, I think schools are the real front-runners when it comes to this. They’re with the students every day and have the chance to spot the early warning signs of stress or anxiety.

**Mike**: I agree. Schools need to do more than just focus on grades. If they offered programs or workshops on mental health, stress management, and emotional wellbeing, it would really help students feel supported. For example, my school actually started offering counseling sessions a few years ago. It wasn’t mandatory, but it was there if you needed it. I think that small step made a big difference for some of my classmates who were struggling.

**Tom**: That’s awesome. I think more schools should follow that example. If students had more access to mental health support, it could prevent a lot of issues from escalating. But I also think society as a whole needs to change the way we think about mental health. Right now, there’s still a stigma attached to it, especially in cultures where academic success is so valued. In countries like South Korea, students face immense pressure to perform, and mental health isn’t really discussed openly. The government has actually been stepping up in recent years, offering more mental health services for students. I think that’s something more countries should look into.

**Mike**: Yeah, I’ve heard about that too. It’s crazy how much pressure students face in some places. But you're right—society needs to do more. For example, in the U.S., some companies are offering mental health days to employees, which makes a huge difference. If society at large took mental health more seriously and treated it like any other aspect of health, it would help reduce the stigma and make students feel like they’re not alone.

**Tom**: Exactly. It all comes down to creating an environment where mental health is a priority, not just something we talk about when things get bad. I think it’s a shared responsibility. Students need to take care of themselves, parents need to be supportive, schools need to provide resources, and society needs to be more accepting.

**Mike**: Absolutely. Mental health is something that should be taught in schools just like math or science. If we can start early, we can create a healthier environment for the next generation.

**Tom**: I couldn’t agree more. The more we talk about it, the more we break down the barriers. If we all play our part, things can definitely improve.