**Mike**: Yeah, I've noticed too. The pressure students face these days is intense. High academic expectations, social media comparisons, and family demands—it all adds up. But who’s responsible for taking care of students' mental health?3

**Mike**: True. Sometimes students are too afraid or proud to ask for help, especially if they think they should handle it alone. Parents also play a huge role. My friend Jack felt immense pressure from his parents to get better grades. He never felt comfortable telling them about the pressure he was under, and eventually, he had a breakdown during finals week.

**Mike**: Agreed. Schools need to do more than just focus on grades. Offering programs or workshops on mental health, stress management, and emotional well-being would support students better. For example, my school started offering counseling sessions a few years ago. It wasn’t mandatory, but it was there if you needed it. This small step made a big difference for some classmates who were struggling.

**Mike**: Absolutely. Some companies now offer mental health days. If society treated mental health as seriously as physical health, students would feel less alone.

**Mike**: Couldn’t agree more. The more we talk about it, the more barriers we break down. Everyone playing their part can definitely improve the situation.