MENTAL HEALTH OF THE STUDENTS: AT RISK!

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Awareness on mental health of the students has become as important as providing the best strategy to education. Education experts considered the influence of mental health on student’s learning and achievement. Mental health education becomes compulsory in schools where teachers and administrators collaborate in promoting the consciousness of the students in regards with their mental health condition. Inculcating that mental health is an essential part of their body and the perception of overcoming mental illness must be promoted as normal as recovery from common illness. Students must educate on how to take care of their selves and it is their responsibility to the wellness of their mental health.

In addition, both teachers and students must be provided with process or methods of assessment on recognizing the signs of mental health problems, the risk of self-harm or suicide must be included. Trainings or symposium should be given to the students with the teachers in regards with the connection of mental health to substance abuse and other factors that are present in the society such as peer, family background and cultural factors.

Adolescent learners spend most of their time in school and it is just right to include their mental health in their education. Educators must bear in mind that if they aim to develop young minds through facilitating knowledge they have to ensure that their mental health is in good state.

There are signs that teachers must recognize if students are displaying problems about mental health, these are;

a. Students seem to be withdrawn for a longer period of time.

b. Students who have signs of self-harm or posting suicidal plans in social media
c. Sudden change of behaviour from positive to negative attitude

d. Frequent involvement to fights or conflicts.

e. Students showing heightened fear for any reason.

f. Students who are engaging to drug abuse or alcohol.

If these signs are being noticed, teachers may let the principal know about it and he may consult it to the school nurse, psychiatrist or psychologist and social workers. The early diagnosis of such problem can be cured and recovered quickly and may prevent more damages.

Department of Education should encourage schools to propose effective programs for the awareness of mental health problems. Programs may be effective if it is promoting development of social and emotional of the students, ways to recognize students with risk of mental health problems and the intervention to adhere the problem appropriately.

References:

https://www.mentalhealth.gov/talk/educators

https://www.wgu.edu/heyteach/article/importance-mental-health-awareness-schools1810.html