STUDENT MENTAL HEALTH  
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Mental health remains as a pressing issue that requires immediate attention. Countries in the Western Pacific region such as the Philippines house more than 100 million people suffering from mental health disorders (MHDs) (WHO, 2014). According to a study conducted by World Health Organization (WHO) in 2007, approximately 42% of Filipino students were found to have experienced symptoms of depression, anxiety, and mood disorders.

Conventionally, these issues are often dismissed in the classroom, as they are seldom physically evident. As such, teachers and students alike must be knowledgeable about some symptoms to help them detect the silent struggle of the members of the classroom. Some of these symptoms include sadness or withdrawal for more than two weeks, plans of or actual self-harm, extreme difficulty concentrating to the extent of causing problems in the classroom, and drastic changes in one’s personality or behavior, among others. While it is not required to personally know the students, knowing their behavioral cues is recommended.

In this manner, classroom environment can also be constructed to promote social and emotional competency and build resilience to gear it towards a more mentally positive and safe learning facility. On a larger scale, school-based mental health supports are also highly recommended to provide interventions, increase mental healthcare services, early prevention, and improve student mental health, in turn.

References: