UNSPoken CRISIS

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Mental issues of students might call as silent plague. According to WHO (World Health Organization) 20% of the world’s children and teenagers are roughly calculated to have mental illnesses or disorders. And yet almost nearly 80% of the children who have a need of mental health services can’t get them. WHO also reports that before the age of fourteen 50% of the children starts to encounter mental disorders. The children go to school, whether they’re treated or not. And the problems they experience can cause and may turn into a more serious problem found in schools: absenteeism, low performance, troublesome behavior, and dropping out of students. Schools can play a crucial part in recognizing students with difficulties and lending them a helping hand to succeed.

The initial place to spot problem is within the family. Parents, older siblings, other relatives, are frequently the first to observe that something is going on, but many families are not aware what to look for. They should take the preliminary actions like consulting specialist and adjust to their conditions and differences.

Throughout the week, many students meet their school teachers even more than their own families. Teachers are on a good spot to observe changes in behavior. Schools do integrate different teaching strategies in their curriculum that can help students have an enthusiastic sense of self. Regular meetings of teachers and parents can help them inform both parties of the activities of children at home and at school.

Childhood and teenage years serve as vital phases in human development. The objective of this advocacy is to generate awareness of mental health and bring mental
health issues up on the political and public agenda and effectively persuade all stakeholders to act in aid of mental health.

References:

http://www.wpro.who.int/philippines/publications/module6.pdf