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General Psychology 1000

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Mental Health in Teens and College Students

Throughout the years, mental health in teens and college students has been declining, even with the help needed being offered. Of course, there are many factors being placed into this issue such as the financial burden with therapists, the fear of counselors sending these troubled teens to mental facilities or telling parents or guardians about their issues. These issues could be caused by a number of things such as abusive parenting, self harm due to personal issues, bullying at school, mental disabilities, or poor mental health overall. So, how are we able to overcome this issue?

Allowing help to be more readily available by allowing therapists and counselors to be less costly would greatly benefit those in need. As someone who wasn't able to get help when it was needed the most, I understand the horrific downfalls the absence of proper help can do to a teenager. Unfortunately, students aren't willing to seek the help they need in fear of being placed in a mental facility, or with students with abusive parents who are afraid their therapist or school counselor is going to tell the parents/guardians due to regulation. Also, bullying in school isn't taken seriously and can cause grave mental health issues that teens aren't willing to talk about.

“From 2009 to 2019, the proportion of high school students reporting persistent feelings of sadness or hopelessness grew 40 percent, the percentage who said they were seriously considering suicide rose by more than a third, while the share who said they were creating a suicide plan increased by 44 percent, according to researchers,” ([Mantel](#)). Without proper help, this hopelessness continues in students throughout high school and college, if they don’t follow through with their plans of suicide. These are alarming rates, even with college students utilizing the resources given to them through their college. “...Data from national surveys of college counseling centers clearly show that college students are experiencing a significant uptick in severe emotional distress, serious mental illness, and the need for more intensive mental healthcare,” ([Sapadin](#)). While counselors on campus are usually free with tuition, what happens with those who are taking college classes online and don’t have access to the campus counselor? What happens to those students who need help but can’t access it due to lack of resources such as a vehicle, proper insurance, or no energy to take on more tasks than what is already required.

We could solve this issue the costs of mental health facilities, make them more accessible to those in dire need, mental health issues and suicides would plummet. If we make counseling and therapists more portable, allowing them to help those who can’t make it to an office, it would help lower the mental health crisis in young adults and college students, and even older folks who are seriously considering ending their life due to a whole other list of factors. The mental health crisis in students can be helped, if not solved, by allowing a safer environment where they don’t have to worry about their own physical health after trying to find help for their declining mental health. If we fight for those in need, we have the ability to give hope to those who need it the most.

References

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