

♥ MENTAL HEALTH ♥

HOW CAN WE IMPROVE
MENTAL HEALTH RESOURCES IN
OUR SCHOOLS?



COMMON MENTAL HEALTH DISORDERS AMONG CHILDREN AND YOUTH

AROUND 14% OF YOUNG PEOPLE IN BC WILL EXPERIENCE MENTAL ILLNESS AT SOME POINT

ANXIETY DISORDERS

THESE ARE THE MOST COMMON MENTAL ILLNESSES TO AFFECT CHILDREN AND YOUTH. MANY PEOPLE MAY EXPERIENCE DIFFERENT TYPES OF ANXIETY SUCH AS GENERALIZED ANXIETY DISORDER, SOCIAL ANXIETY OR PANIC DISORDERS. ANXIETY CAN CAUSE INTERFERENCE WITH DAILY LIFE AND HOW STUDENTS PERFORM IN SCHOOL.

DEPRESSION

SOME COMMON SYMPTOMS OF DEPRESSION ARE DARK MOODS, SLEEP CHANGES AND DEEP FEELINGS OF SADNESS. PEOPLE MAY EXPERIENCE DIFFERENT TYPES OF DEPRESSION SUCH AS MAJOR DEPRESSION, PERSISTENT DEPRESSION AND MANIC DEPRESSION.

WHILE MANY CHILDREN AND YOUTH MAY SUFFER MENTAL ILLNESS, THERE MAY BE BARRIERS TO GET THE HELP THEY NEED. THEY OFTEN HIDE THEIR STRUGGLES BECAUSE THEY FEEL AS THOUGH NO ONE WOULD UNDERSTAND

WHY MENTAL HEALTH RESOURCES ARE IMPORTANT AT SCHOOL



THE CHILDREN AND YOUTH MAY FEEL THAT NO ONE UNDERSTANDS WHAT THEY ARE GOING THROUGH. THEY MAY HIDE THEIR TRUE EMOTIONS FURTHER DAMAGING THEIR MENTAL HEALTH. THE FEELINGS THEY MAY BE EXPERIENCING CAN AFFECT THEIR WORK AND HOW THEY PERFORM IN SCHOOL SO HAVING MENTAL HEALTH RESOURCES READILY AVAILABLE AT SCHOOL MAY GIVE A SENSE OF COMFORT TO THE STUDENTS. SOME PEOPLE MAY NOT BE ABLE TO ACCESS THE HELP THEY NEED FROM THEIR HOMES SO THE RESOURCES AT SCHOOL MAY BE THEIR ONLY OPTION.

SCHOOL WORK



BAD DAYS ARE BOUND TO HAPPEN AND IT CAN AFFECT A STUDENTS PERFORMANCE AND MOTIVATION. THESE BAD DAYS CAN CAUSE A LACK OF FOCUS AND DISCOMFORT WHICH ULTIMATELY FEELS LIKE THE DAY IS BEING DRAGGED ON. THIS WILL CERTAINLY NOT MOTIVATE A STUDENT TO DO THEIR WORK.



AFTER LONG PERIODS OF FOCUS DURING SCHOOL, ONES ATTENTION SPAN MAY BE SHORT. TO SOLVE THIS PROBLEM, INCLUDE MIND STIMULATING EXERCISES TO KEEP THE BRAIN WORKING WITH GOOD ENERGY.

SOLUTIONS

THE BIG QUESTION IS HOW CAN WE REALLY IMPROVE MENTAL HEALTH RESOURCES AT SCHOOL?

INCREASING AWARENESS TO THIS SENSITIVE TOPIC WILL FURTHER ALLOW STUDENTS TO USE THE RESOURCES GIVEN. MANY STUDENTS WILL FEEL TOO NERVOUS OR SHY TO SEEK OUT THE HELP THAT IS AVAILABLE. SCHOOLS MUST EDUCATE THE STUDENTS THAT ONES MENTAL HEALTH IS EXTREMELY IMPORTANT AND NOT SOMETHING TO BE FORGOTTEN. THE MORE WE TALK ABOUT MENTAL HEALTH, THE LESS SENSITIVE THE TOPIC BECOMES.



SCHOOL MAY NOT FEEL LIKE A SAFE SPACE TO CERTAIN STUDENTS. CREATING CLASSROOMS WITH CALMING AND FUN ACTIVITIES CAN LOWER THE STRESS OF SCHOOL. STUDENTS MAY FEEL TRAPPED IN A CLASS SO MAKING ANOTHER DEDICATED SPACE TO RELAX YOUR MIND WHEN YOU ARE STRESSED WILL HAVE MANY BENEFITS.

IT IS RECOGNIZED THAT BEING AROUND ANIMALS CAN HELP REDUCE THE FEELING OF STRESS AND ANXIETY. STUDENTS WHO ARE OVERWHELMED WITH PRESSURE MAY FEEL RELIEF SEEING A DOG WALKING AROUND THE SCHOOL. PROVIDING CANINE SUPPORT MAY BE BENEFICIAL IN THE IMPROVEMENT OF MENTAL HEALTH RESOURCES AT SCHOOL.



CREATING STRONGER CONNECTIONS WITH THE STAFF AT SCHOOL WILL MAKE A STUDENT FEEL A BETTER SENSE OF BELONGING. NOT ONLY DO THE STUDENTS NEED TO LEARN ABOUT MENTAL HEALTH, THE STAFF MUST DO SO AS WELL. STUDENTS MAY ONLY SEEK FOR THE STAFF AT SCHOOL AS THEIR MAIN SUPPORT SO MAKING SURE THAT THE STAFF IS UNDERSTANDING IS CRUCIAL.



WHILE TEACHERS MAY ALWAYS BE THERE FOR A STUDENT, THEY MIGHT NOT KNOW WHAT TO DO. CONTINUOUS EDUCATION TO TEACHERS ABOUT MENTAL HEALTH WILL FURTHER THEIR KNOWLEDGE AND CAPABILITY TO HELP A STUDENT. DOING THIS WILL IMPROVE MENTAL HEALTH RESOURCES IN SCHOOL BECAUSE THE TEACHERS THEMSELVES BECOMES MORE EDUCATED ON THIS TOPIC. ONCE THEY ARE MORE EDUCATED, THEY CAN SHARE WHAT THEY'VE LEARNED TO HELP STUDENTS HANDLE DIFFICULT SITUATIONS.



R E S O U R C E S

IF STUDENTS STILL DO NOT FEEL COMFORTABLE WITH THE RESOURCES PROVIDED AT SCHOOL, THERE ARE MANY MORE RESOURCES TO BE USED. PROMOTING RESOURCES IS ONE OF THE MANY WAYS TO ACTUALLY IMPROVE MENTAL HEALTH RESOURCES AT SCHOOL. SPREADING AWARENESS IS KEY.

YOUTH IN BC

VISITING WWW.YOUTHINBC.COM WILL PROVIDE YOUTH RESOURCES AND SUPPORT. CALLING 1-866-661-3311 (TOLL-FREE BC) OR 604-872-3311 (LOWER MAINLAND) WILL PROVIDE 24 HOURS A DAY TALK BY PHONE.

ANXIETY BC

VISITING WWW.ANXIETYBC.COM OR CALLING 604-620-0744 WILL PROVIDE INFORMATION, TOOLS AND COMMUNITY RESOURCES ON ANXIETY.

CHILDREN'S HEALTH POLICY CENTRE

VISITING WWW.CHILDHEALTHPOLICY.CA WILL SHOW A RESEARCH GROUP AT SIMON FRASER UNIVERSITY WHO WORKS TO IMPROVE CHILDREN'S WELL-BEING AS WELL AS RESEARCHING THE BEST POLICIES, STRATEGIES AND SERVICES THAT SUPPORT MENTALLY HEALTHY CHILDREN AND YOUTH.

AS IT HAS BEEN MADE CLEAR, MENTAL HEALTH IS A VERY IMPORTANT SUBJECT. IT WILL ALWAYS IMPACT THE PEOPLE WITHIN OUR SOCIETY AND KNOWING SOLUTIONS TO THIS CONFLICT IS IMPORTANT. INCREASING AWARENESS WITHIN THE SCHOOLS WILL BUILD UP THE RESOURCES REQUIRED TO BE THE BEST ENVIRONMENT POSSIBLE FOR THE STUDENTS.



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