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Mental Wellness

Research

According to the [CDC website](#) on Mental Health:

- **In 2019, 1 in 3 High school students experienced persistent feelings of sadness or hopelessness .**
- **Mental health issues has been at a 40 % increase since 2009.**
- **In 2019, 1 in 6 of the youth made plans to commit suicide.**
- **Students in high school may face various mental disorders such as, but not limited to; stress, anxiety, depression, drug & alcohol abuse, eating disorders, and sleep deprivation.**



Awareness

Mental Health
Awareness



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also impacts how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Media



How much do you know about teen depression?

- Almost 20% of all teenagers encounter depression before they reach adulthood.
- Symptoms including feeling sad, irritable, angry, hopeless, changes in eating habits and sleeping patterns.
- Studies show that there is a strong link between heavy use of social media and adolescent mental health issues. Social media sites such as Facebook, Instagram, and Snapchat inadvertently overpressure teens by producing unattainable body images, status symbols, or other achievements that only a few can achieve.
- The third leading cause of death for people ages 14-24 is suicide.
- Suicide affects young people from all ages, races, genders, and socioeconomic groups, although some groups seem to have higher rates than others. Older adolescents (aged 14-24) are at an increased risk for suicide. Between 500,000 and one million young people aged 14 to 24 attempt suicide each year.
- Between 25% and 33% of adolescents forgo needed care, and many others lack access.

P O L I C Y

How does GNBVT and other schools compare when it comes to mental health with students?

UMass Dartmouth

- **Group Therapy**
- **Individual and relationship therapy**
- **Urgent Care Services**
- **Crisis Line**

BCC

- **Trained staff for students**
- **Counseling**
- **Short-term therapy**
- **Crisis Intervention**
- **Substance screening**

GNBVT should take these element into consideration and implement them into our school

Mental Health Support



- I. Engage in house mental well being experts and our school's administration for support.
- II. Gain support from students, friends, and even family members by using social media.
- III. Gain support from our school committee who care and are concerned about students' mental well being.
- IV. Support from our local government.
- V. Host a panel discussion and educate people on mental health.
- VI. Fundraise for the cause.



Community

1. How do you promote a positive mental health in students?

School counselors and nurses can promote a mental health by having group or individual counseling. Some students undergo heavy duty counseling which is done outside of school. But they always have check ups from 7:30-7:45 in the mornings before class.

2. Do you think COVID has a negative impact on mental health? Why?

Our guidance counselor thinks that COVID has absolutely negatively affected students mental health. Covid has made mental health 100x worse. Students have become more anxious, they have lost family members. Students have lost education and knowledge. There has been so much more worrying in students. It is turning their lives upside down, said our counselor.

3. Are there any signs to look out for with someone experiencing a mental health condition?

Signs to look out for with people dealing with mental health in our school is not eating, being sad constantly, loss of interest in their favorite things.

4. How can you help someone with mental health?

When helping someone with mental health it should be a team approach. You should not be judgmental or cruel. You should always give advice to talk to a professional; or counselor.



Student Mental Well Being Proposals:

- ❖ Offer break periods & mental health days
- ❖ Offer individual and relationship therapy
- ❖ Educate staff and parents about mental health
- ❖ Access to an in-house mental health professional
- ❖ Offering in-school student workshops on emotional wellbeing