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<u>Mental Health</u>

We are freshmen attending Abraham Lincoln Highschool in San Francisco. We wanted to talk more about how most individuals struggle with mental health, yet few people take action to address it. You may be wondering, what is mental health and how does it affect someone? Well, let us explain it to you. Mental health is our emotional, psychological, and social well being that affects how we think and feel. If your mental health is affected negatively and you cannot find a way to cope with it, it could cause you to lash out at someone, make you depressed, and in worse cases, take your own life. This is a serious problem since people who suffer from mental diseases believe they have no one to turn to for help, leading them to believe they must go through it alone. To keep things from getting worse, we've devised a few solutions to raise awareness about the importance of mental health.

Parents are primarily concerned with their child's grades and are unconcerned with whether or not they are anxious. Parents have high expectations for their children, which puts a lot of strain on them. Students may crumble under the pressure and as a result of that they might not do well in school. It also has the potential to cause kids to overthink things. To match adult expectations, students often try to focus and concentrate on their work rather than their health. Kids believe it is natural for them to strive to meet their parents' demands. As a result, their mental health deteriorates, and they experience problems.

Our solution is to push schools to talk more about mental health. We believe that if schools begin to teach students about mental health, more people will be aware of the situation. This can help kids who are struggling with their mental health to feel less alone and unnoticed. Learning about mental health at school can also open up an opportunity for kids to tell their parents what they learned at school. Parents normally want to know what their children are doing and learning at school, and they will most likely listen to and take into account what their children say.

As a result, we must devise any and all therapies, no matter how little, to assist individuals needing mental health support. If we don't, an increasing number of people will be unable to cope with their circumstances. People around them, such as family, may not be a reliable source of support, which may exacerbate their pain and lead to regrettable actions. Although we may not be capable of doing much, we can take small steps by asking schools to start teaching students about the importance of mental health. This gives students a chance to spread the message to their parents. Let's band together to assist people who are dealing with psychological problems!