

# **Mental Health Awareness**

**By**

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**M**ental illness is a major global health issue. In the United states alone the National Institutes for Health reports that nearly 44million adults (18%) experience mental illness per year. Raising awareness and increasing the understanding of mental health can change the way society views and responds to this complex issue. The development and education of left-behind students' mental health has attracted widespread attention. The study found that parent-child separation, lack of affection are extremely detrimental to the growth of left-behind children who are prone to have a series of psychological and behavioral problems. There is little research on their cognitive status of mental health. Cognitive factors, as an important part of stress psychological intermediation, can lead to different physical and mental reactions. The stress

theory believes that individuals will mobilize their own resources and social resources to respond to life changes or psychological stresses. Their behavioral strategies include changing their own lifestyle to adapt to a new environment, adjusting cognitive strategies to be more objective and accurate to evaluate life challenges, and finding social support to solve Problems. A mental illness is a physical illness of the brain that causes disturbances in thinking, behavior, energy or emotion that make it difficult to cope with the ordinary demands of life. Research is starting to uncover the complicated causes of these diseases which can include genetics, brain chemistry, brain structure, experiencing trauma and/or having another medical condition, like heart disease. Although

the general perception of mental illness has improved over the past decades, studies show that stigma against mental illness is still powerful, largely due to media stereotypes and lack of education, and that people tend to attach negative stigmas to mental health conditions at a far higher rate than to other diseases and disabilities, such as cancer, diabetes or heart disease. Stigma affects not only the number seeking treatment, but also the number of resources available for proper treatment. Stigma and misinformation can feel like overwhelming obstacles for someone who is struggling with a mental health condition. Here are a few powerful things you can do to help: Showing individual respect and acceptance removes a significant barrier to successfully coping with their illness. Having people see you as an individual and not as

your illness can make the biggest difference for someone who is struggling with their mental health.

Learning more about mental health allows us to provide helpful support to those affected in our families and communities.

Mental illness is a serious issue in society. And people don't take this matter seriously and ignore its very existence. A person who's not mentally stable can go into a store, buy a gun and no one will stop him/her and not wonder what that person might do with the gun when they clearly aren't mentally stable.

This causes mass shootings and lives to be taken. Many people who have a mental illness do not want to talk about it, because they are afraid that if they

do, they'll be taken to a mental hospital and not be treated right. Mental illness is nothing to be ashamed of! It is a medical condition, just like heart disease or diabetes. People with medical conditions who are taken to mental hospitals don't get treated like humans, they abuse them and give them medication to the point where they get addicted. There is more to a person with disabilities than their mental health issues. They are stuck in a loop of endless mistreatment and trauma because people aren't recognizing the severity and importance of mental health. More than half of all Americans will be diagnosed with a mental illness in their lifetime. But not everyone will receive the help they need. According to the National Alliance on Mental Illness, only forty percent of adults and fifty percent of youth receive the medical help they need.

Even though mental illness is common and can affect anyone, there is still a great stigma attached. This stigma creates reluctance and shame in seeking help. The acceptance and understanding of mental illnesses has come a far way from where it used to be, but improvements can, and should still be made.

Mental illnesses should not be thought of any differently from physical illnesses. Because the whole body is connected and interwoven, the two cannot be separated. The brain is an organ just like everything else in the body and can be hurt like everything else. When the brain is ill, it is not isolated in just the brain, but instead affects the whole body and the overall wellness. Substance abuse, self-harm, and suicide are very common and dangerous in those with

mental illnesses. The stigma surrounding mental illness keeps people from getting the help they need to get better and causes them to hide their pain.

mental health awareness: Being aware of your overall health is important so that you can detect any symptoms and seek professional help when necessary.

While everyone is familiar with the symptoms and treatment options for common illnesses that affect their loved ones, like the flu, migraines, or and

(most recently) COVID-19, many people are unsure how to look after their

mental health. Raising mental health awareness can help you to understand

your symptoms, find professional treatment, and, perhaps most importantly,

break the mental health stigma that leaves so many people suffering in secret.

Mental health awareness is something that can help the millions of people who



are impacted by mental health issues throughout the United States. According to the National Alliance on Mental Illness (NAMI), one in five adults have had or currently have symptoms of a mental illness. These statistics show just how prevalent living with a mental illness actually is. Some common disorders that need more awareness include: Generalized anxiety disorder, Substance abuse disorders, Depression, Bipolar disorder Post-traumatic stress disorder, Schizophrenia, and Suicidal ideation. Though all of these mental health conditions have different symptoms, they can impact every aspect of your life. In truth, your mental health influences the way that you think, feel, and behave. This means that your social, professional, and personal life can be

greatly impaired. Many people who have mental health conditions aren't sure how to cope with their symptoms and resort to unhealthy coping mechanisms to push away their emotional discomfort. As a result, you might also have an addiction to drugs or alcohol. Additionally, if you have one mental illness that goes untreated, you actually are at a greater risk for developing co-occurring disorders and you will need dual diagnosis treatment to fully heal. Most importantly, mental health awareness can break the stigma of needing mental health care. Having mental health disorders doesn't mean that you are "crazy." In actuality, mental health impacts millions of people across the country. With more awareness and the right mental health care, you will realize that you are not alone. Having mental health support gets you one step

closer to mental health recovery. Mental health issues have long held stigmas, despite the fact that one-in-five US adults will suffer from a mental health condition during his or her lifetime, and countless family members and friends will be affected in the process. Whether you suffer from mild depression or anxiety, or you're helping a loved one cope with a more serious condition such as schizophrenia or bipolar disorder, you probably realize that it is not only the a condition that's difficult to live with, but also social isolation. This is why it's so important to raise awareness about mental health, and do all you can to assist patients and loved ones who are trying to deal with mental health conditions. According to the 2016 National Vital Statistics Reports issued by

the Centers for Disease Control and Prevention (CDC), nearly 43,000 deaths each year are determined to be suicides. This number increased 24 percent between 1999 and 2014, with rates growing in both female and male populations between the ages of ten and seventy-four. Suicide is now among the ten most common causes of death. This takes into account decreasing mortality rates in other areas while suicides rates concurrently increase.

A contributing factor to suicide can often be serious psychological distress, which is defined as “mental health problems severe enough to cause moderate-to-serious impairment in social, occupational, or school functioning and to require treatment.” Serious psychological distress has also been linked to higher instances of heart disease and other disorders among

adults. It has been reported that over 27 percent of adults over age 65 with psychological distress from impairments to daily living. In addition, women of all ages were found to be more likely than men to suffer from serious psychological distress. Mental illness can derail a person's life and impact the lives of loved ones. At the very least, mental health issues affect the ability to live life to the fullest. At the worst, it may lead to fatal outcomes, either due to increased physical health risks or suicide. In some cases, physical activity interventions can help with both the mental and physical obstacles associated with mental health disorders. However, mental health nurses and other health care workers must have proper support and resources to administer such plans for individual patients. Some of the most

serious types of mental illness in the US include: Anxiety (affecting 42 million adults), Depression (impacting 16 million adults), Bipolar Disorder (with some 6.1 million adult sufferers), Schizophrenia (affecting 2.4 million adults), Autism Spectrum Disorder (ASD) (currently affecting about 3 million, including one in 42 boys and one in 189 girls, with roughly 100 new cases diagnosed daily). Unfortunately, many conditions remain untreated.

Approximately 50 percent of youths aged eight to fifteen, and 60 percent of adults with mental illness, report they didn't receive mental health services in the previous year. This may be caused by the social stigma that is sometimes attached to asking for help, to lack of access to mental health services, to lack

of insurance, or to any number of other factors. mental health problems often affect people's minds and understanding rather than their bodies. Basically, someone experiencing mental health problems or crises may not realize this.

Many need help and assistance to even accept they have an issue that requires dealing with. Having an abstract awareness of mental health issues does not automatically translate to a willingness or ability to do anything about them.

Someone may be newly aware of what's happening when a friend is in the grips of depression, but they could also be aware that helping them is likely to be demanding, stressful and largely unrewarding. The latter could well be what sways their behavior, compelling them to keep their distance rather than

Intervene. The point is, raising awareness of mental health is all well and good,

but it doesn't automatically follow that the problems and concerns around mental health will be affected in any appreciable way. Many people are "aware" that their clothes are probably made in sweatshops, or that their elected leaders are corrupt, or that their car is harming the environment, but do little or nothing about these things. Essentially, mental health awareness is fine, but action is what's actually needed. Awareness is great for promoting those with issues to seek help, but effectively meaningless if there's no help available. And with ongoing cuts and shocking provisions to mental health services, that's where the real problems lie. Mental illnesses affect 19% of the adult population, 46% of teenagers and 13% of children each year. A mental



illness is a physical illness of the brain that causes disturbances in thinking, behavior, energy or emotion that make it difficult to cope with the ordinary demands of life. Research is starting to uncover the complicated causes of these diseases which can include genetics, brain chemistry, brain structure, experiencing trauma and/or having another medical condition, like heart disease. The two most common mental health conditions are: Anxiety Disorders, more than 18% of adults each year struggle with some type of anxiety disorder, including post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD), panic disorder (panic attacks), generalized anxiety disorder and specific phobias. Mood Disorders : Mood disorders, such as depression and bipolar depression, affect nearly 10% of

adults each year and are characterized by difficulties in regulating one's mood.

Although the general perception of mental illness has improved over the past

decades, studies show that stigma against mental illness is still powerful,

largely due to media stereotypes and lack of education, and that people tend to

attach negative stigmas to mental health conditions at a far higher rate than to

other diseases and disabilities, such as cancer, diabetes or heart disease.

Stigma affects not only the number seeking treatment, but also the number

of resources available for proper treatment. Stigma and misinformation can

feel like overwhelming obstacles for someone who is struggling with a

mental health condition. Here are a few powerful things you can do to help:

Showing individuals respect and acceptance removes a significant barrier to successfully cope with their illness. Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health. Learning more about mental health allows us to provide helpful support to those affected in our families and communities. Worldwide, more than 70% of young people and adults with mental illness do not receive any mental health treatment from health care staff. Another example of mental health could be from the Pandemic. During the pandemic, Mental Health cases went up due to being on lockdown. People living with mental health conditions are people. They have people they love, activities they enjoy, and dreams for their lives. As people, they deserve to be

treated with dignity, and under the law they have rights and protections.

Unfortunately, it has long been the case that individuals with mental health

conditions are among the most abused and discriminated against in our

country. From leaving people to languish in overcrowded state hospitals to

lobotomies and forced sterilization, the treatment of those with mental health

conditions are a dark stain on our history as a nation. While we have come a

long way, abuse and discrimination continue to be serious problems today. The

shackling or restraining of children, keeping people out of work, and denying

access to services are just a few examples of the way we continue to fail the 1 in

5 Americans that have a diagnosable mental health Disorder. This is not just a

small issue for a small group of people: half of all Americans will experience a diagnosable mental health conditions in their lifetime. If it is not us being directly impacted, it is likely that it will be our family members, friends, or loved ones whether we know it or not. Beyond struggles in education or employment, we see the loss of human dignity and even human life for the people we love and care about when we do not work to address abuses in the system. People living with mental health conditions have the right to make decisions about their lives, including their treatment. Just as all Americans, they should be assumed competent to make their own decisions, and a refusal of any type of treatment should not be considered evidence that a person is incompetent. A person's preferences, like those referenced in a psychiatric

advance directive, should be followed and all efforts should be made to engage individuals in voluntary services. In rare cases where an individual is considered an imminent danger to self or others, he or she has the right to due process, adequate representation, and appeals should there be civil commitment or involuntary treatment procedures. People living with mental health conditions have the right to be free from all abuses, including the practices of seclusion and restraint. Shackling, physical restraints, chemical restraints, and seclusion are among the practices used in schools and treatment facilities and throughout the criminal justice system. These practices represent failures in treatment, have no therapeutic value, and

expose individuals to added trauma. Seclusion and restraint also play a role in many interactions with law enforcement, where some estimate about half of those killed by police officers have a mental illness. To reduce and ultimately eliminate the use of seclusion and restraints, the federal government and the states should drastically improve the mechanisms currently available to monitor these activities and the harm caused by them to mental health consumers. People living with mental health conditions have the right to live and fully participate in their communities of choice. From denying someone an apartment to kicking kids out of schools, discrimination against people living with mental health conditions often occur in areas like housing, employment, and education. Community inclusion means not only addressing

discriminatory practices that exist but also providing necessary supports that allow people to live and find meaningful roles in their communities. In order to best serve the people they aim to help, services should be driven by the wants and experiences of consumers to include things like peer support and self-help tools that fight isolation and promote recovery. Important laws that involve community inclusion include the Americans with Disabilities Act (ADA), Rehabilitation Act, Individuals with Disabilities in Education Act (IDEA). Many victims with mental disorders fear they are perceived as not being credible because they suffer from delusions. They fear this is thought to impair their ability to recount events accurately. People with mental illness are more likely



to be victimized than the general population on average 11.8 times more often for violent crimes. People with a mental health disorder have a significantly higher risk of becoming victims of violence compared to the general population. The stereotype of a person with mental illness is that of a violent criminal. While there are some concerns, most fear of people with Mental illness is unfounded. In fact, according to several studies, people with mental illness are more likely to be the victims of crime. Social Security does not pay much and people with severe mental illness often can not work. In addition to this, most facilities for people with severe mental illness are in bad neighborhoods. Just as a person without a mental illness would be at greater risk in that situation, so is a person with mental illness. Mental

Health doesn't just happen to adults, it also affects children. There have been so many children who have taken their life due to Mental Health. No one is guiding them, no one is helping them. There is a connection between violent activities happening more in schools and the lack of mental health stability.

Actions need to be taken to save and improve the quality of students' lives.

These recent changes in school environments and the mental wellness of students has led to the need for an increase in mental health support and awareness in schools. Over the past few years, there has been a huge increase in gun violence and shootings in schools. So much so that it has been considered a public health crisis in many cases. Martell L. Teasley, who has a

Ph.D. in social work, said in an article he wrote that school shootings “increased from 179 to 245 between the 1990’s and 2013”. That is an increase of 66 school shootings in 23 years. In the past 10 years alone, 356 kids have lost their lives in a school shooting . The fear is that this number is going to continue to rise. People are concerned about protecting students from future school shootings, but most of the time their focus is on debating gun control, rather than mental health concerns. Research has found that almost all school shooters showed signs of poor mental health prior to their attack. A majority of school shooters have experienced bullying, isolation, lack of friends, have recently gone through the loss of a loved one, or have records of the use of psychiatric medication . Other shooters have shown signs of depression,

anxiety, or a personal failure before the shooting. All of these signs go back to the lack of care and watch over the mental wellness of students. Not only are students losing their lives because of the mental state of their peers, their own poor mental health is also taking the lives of thousands of kids across the United States every year. Along with school shootings, there has also been an increase in teen suicides in recent years. From 2007 to 2017, teen suicide rates have gone up 56%. It is now said that 10.6 out of every 100,000 students commit suicide . Suicide is the second most common cause of death in teens. Grace Gallagher, executive director of a foundation for revolutionizing teen mental health, stated that, “More teenagers and young adults die from suicide

than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza and chronic lung disease combined” . These numbers are more than just statistics, they are the children . All of these children that commit suicide are choosing to end their own lives due to having poor mental health. No kid should ever feel so sad or worthless that they see death as their only option. So many kids are losing their lives because their mental health is not being valued or cared for as much as it should be. With as many students as there are suffering from mental health disorders and problems, there needs to be an increase in mental health awareness for the sake of the lives of these students. Many people are not aware of just how many students suffer from poor mental health. Around 18-22% of all kids in the U.S. experience mental health issues.

Five to eight percent of these adolescents have serious or diagnosable problems. With so many adolescents having mental health disorders, mental health awareness truly has become a public health concern. Lisa M. Horowitz, a pediatric psychologist at the National Institute of Mental Health, was quoted saying “It should be a call to action...If you had kids suddenly dying at these rates from a new disease or infection, there would be a huge outcry. But most people do not even know it is happening. It’s not being recognized for the public health crisis it has become.” The number of kids dying from school shootings and suicides has been increasing. However, not much is being done to help improve the mentality of these students to decrease these fatality rates.

Mental health disorders affect a lot of kids, most from young ages, and increasing mental health awareness in schools will help improve the quality of the lives of these students. Schools have a large impact on shaping the lives of their students, and this includes their mental well-being. Most mental health disorders begin at a relatively young age. Half of all lifelong mental health disorders begin around age seven to mid-teen. These problems developing at such a young age is often the result of what students are going through in school and during these stages of their life. Students in school are exposed to a substantial amount of harmful issues such as bullying, peer pressure, substance abuse, alcohol issues, stereotypes, and discrimination. All of these aspects can have a very negative impact on the mental health of students. Even

trying to balance the stresses of school, jobs, sports, and social life can be overwhelming to kids and can lead them to disorders such as depression or anxiety. Without being properly educated on mental health awareness, students don't understand that they are not alone in what they are going through and that help is available to them. They might feel too ashamed or embarrassed to ask for help. Increasing mental health awareness at a young age can show kids that it is okay to need counseling or mental health support. Kids need a lot of support during these times to help them get through life, but more often than not there is not sufficient help available to them. There are a lot of kids in schools today that need help with their mental health, but



oftentimes it is not available to them. According to the Centers for Disease Control and Prevention, 20% of all students need some kind of mental health service. However, a majority of students do not receive this help. Children who have bad home lives may not have the money or the transportation they need to get help from a counselor. This is where school counselors and other mental health professionals at schools become important. The problem is, a lot of schools do not have enough counselors to provide adequate help to their students. The National Association of Social workers recommends that schools have one mental health advisor for every 250 students. The current average the ratio of mental health advisors to students is one to one thousand. Especially in larger schools where there are so many kids and so few

counselors, there is not as close of a relationship between the counselors and the students. Kids do not feel comfortable going to the counselor with their problems because of this. Schools need more counselors, psychologists and social workers that can address these increasing mental health issues and give students the proper mental health care they need and deserve. Increasing the counselors, as well as addressing these issues from a young age can help to decrease the number of kids and adults with mental health disorders. So when the child grows up to be an adult there will be a likely chance he or she won't suffer from Mental Health. Many people are not well educated on mental health disorders due to the lack of mental health awareness, including

teachers. In fact, a majority of people are “not adequately resourced to respond effectively” to self-harm and other acts of mental illnesses. Not everyone knows all of the signs and symptoms that come with a mental health disorder, nor do they know how to handle someone with one of these illnesses. 150

teachers in the U.S that participated in a study were found to lack confidence in their knowledge and experience with self-harm and cutting, saying that they said that they need further training on it. Some teachers also are not aware of the signs of depression or suicidal thoughts, but students may be exhibiting these signs in front of them every day. A study done in an article by Susan Dowling and Louise Doyle showed that teachers felt worried, helpless, sad, fearful, and even in shock when they were informed about the mental illnesses

that some of their students had. Teachers and staff want to help improve and save the lives of their students, but they do not know how to due to their lack of knowledge of mental health, all of which is an effect of poor mental health awareness. The lack of knowledge and awareness for mental health disorders has led to people having a stigma on the subject. Too many people associate negative thoughts when they hear the words “mental health disorder”. This comes from a lack of information and ignorance. Stereotypes against mental health illnesses are mostly developed during adolescence, so increasing awareness while kids are still in school will result in less stigma. Various programs have helped to build positive responses to mental health disorders

within students. In an article from World Psychiatry, it is stated that the “attitudes of young people can be significantly and favorably influenced by short ‘awareness raising’ sessions”. Not only does the stigma need to be decreased through increasing mental health awareness, but it is also important to increase the counselors’ availability to help these teens who already have mental health disorders.

In conclusion Mental health is one of the major factors that affect society security, development rate, and stability. Ensuring mental stability of citizens is one of the important aspects of the health system of any country. Treatment of mentally ill individuals requires diversified efforts from all agencies of a

nation. In conclusion, stigma still affects millions of individuals dealing with mental illness, and taking away opportunities for a better life. However, no direct answers have been made on how to diminish mental health stigma.

Protest, education, and contact have been researched time and again. The research shows that more research is needed in order to change beliefs of the general public and employees. One author suggested that anxiety and stress in the working environment is related to the social stigma of mental illness and to change the stigma or perception contact with individuals is needed. Mind is one of the most powerful organs that regulates the functioning of all the other organs in the body. When our mind gets disturbed, or imbalanced then it

impacts the overall functioning of the overall body. It negatively impacts our

emotional health, work performance and relationships too. Due to the

significance of the mind, it becomes very important to keep your mind

Healthy. By learning about how you can help someone with a mental illness,

you can save a life. The way we physically fall sick, we can also fall sick

mentally. Mental illness is the instability of one's health, which includes

changes in emotion, thinking, and behavior. Mental illness can be caused due

to stress or react to a certain incident. It could also arise due to genetic

factors, biochemical imbalances, child abuse or trauma, social disadvantage,

poor physical health, etc. Mental illness is curable. One can seek help

from the experts in this particular area or can overcome this illness by positive

thinking and changing their lifestyle. The COVID-19 pandemic challenged most people, but reports suggest that the impact on teenagers has been especially significant. While adults have also reported that COVID-19, related fears and stress have impaired their mental health, young people have been particularly susceptible because of school closures and distance learning, the inability to interact closely with friends, stress, and loneliness. Documented teen mental health claims released in a recent report nearly doubled during the pandemic, highlighting the staggering effect the pandemic has had on teens. And that report only deals with private health insurance claims. It doesn't take into account unreported incidences or those with government-issued health



insurance. Young people have proven especially vulnerable to mental health issues related to the COVID-19 pandemic. School closures, having to learn remotely, and isolating from friends due to physical distancing have been sources of stress and loneliness. Mental health is something that affects every member of the population, young and old alike, yet mental illness is often misunderstood. Although research has shown that healthy living, which is a combination of many things, including good nutrition, regular exercise and a positive attitude, taking care of your body and feeling healthy. Research also suggests that an individual's biological, psychological and social elements can play an important part in their mental health. These are important approaches that need to be taken into consideration when a person displays symptoms of a

mental illness, for example an adolescent who is experiencing mental health difficulties may be struggling with a social situation perhaps within their family or at school. Growing old is a natural process that produces a range of reactions of different people. The most common mental health problems in older people have depression and dementia. An example of a mental crisis that just happened not too long ago. An 18 year old white supremacist walked in a grocery store in Buffalo and killed 10 African Americans. He went into that store just to target innocent black people. They later found out he had some mental issues. We need to start taking Mental Health seriously. Raising awareness of mental health is all well and good, but it doesn't automatically

follow that the problems and concerns around mental health will be affected in any appreciable way. Many people are “aware” that their clothes are probably made in sweatshops, or that their elected leaders are corrupt, or that their car is harming the environment, but doing little or nothing about these things. If mental health awareness can be channeled into actually dealing with the issues around it, then that would be great. But raising awareness is just the start of the process, not the end. There’s a lot of work that needs doing here. And that’s something we should all be aware of. Mental sickness is becoming a growing issue in the 21st century. Not everyone receives the help that they need. Even though mental illness is common these days and can affect anyone, there is still a stigma attached to it. People are still reluctant to accept the illness of

mind because of this stigma. They feel shame to acknowledge it and seek help from the doctors. It's important to remember that "mental health" and "mental sickness" are not interchangeable. Mental health and mental illness are inextricably linked. Individuals with good mental health can develop mental illness, while those with no mental disease can have poor mental health. Mental illness does not imply that someone is insane, and it is not anything to be embarrassed by. Our society's perception of mental disease or disorder must shift. Mental health cannot be separated from physical health. They both are equally important for a person. Our society needs to change its perception of mental illness or disorder. People have to remove the stigma

attached to this illness and educate themselves about it. Only about 20% of adolescents and children with diagnosable mental health issues receive the therapy they need. In conclusion, The mind is one of the most powerful organs in the body, regulating the functioning of all other organs. When our minds are unstable, they affect the whole functioning of our bodies. Being both physically and emotionally fit is the key to success in all aspects of life. People should be aware of the consequences of mental illness and must give utmost importance to keep the mind healthy like the way the physical body is kept healthy. Mental and physical health cannot be separated from each other. And only when both are balanced can we call a person perfectly healthy and well. So, it is crucial for everyone to work towards achieving a balance between mental and physical

wellbeing and get the necessary help when either of them falters.

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