

“Post-Traumatic Stress Disorder - National Institute of Mental Health (NIMH).” *National Institute of Mental Health*, <https://www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd>. Accessed 25 January 2024.

This relates to my topic because people tend to experience PTSD while still trying to move through the school day. It is a part of life and some students do not know how to deal with their traumatic experiences throughout the day. It's hard to understand students when something is troubling them mentally and it's like a train of awful moments in a person's life so I would like to help with that.

“Depression (major depressive disorder) - Symptoms and causes.” *Mayo Clinic*, 14 October 2022, <https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>. Accessed 25 January 2024.

Depression is real . It's not just being sad or having a bad day, it's a disorder that affects everyday people daily. For my project I will be having a section for how to handle “ schoolwork and having depression. In younger children, symptoms of depression may include sadness, irritability, clinginess, worry, aches and pains, refusing to go to school, or being underweight. “In teens, symptoms may include sadness, irritability, feeling negative and worthless, anger, poor performance or poor attendance at school, feeling misunderstood and extremely sensitive, using recreational drugs or alcohol, eating or sleeping too much, self-harm, loss of interest in normal activities, and avoidance of social interaction.”

“Depression Symptoms and Warning Signs.” *HelpGuide.org*, 14 August 2023, <https://www.helpguide.org/articles/depression/depression-symptoms-and-warning-signs.htm>. Accessed 25 January 2024.

Cite

This also is a good view point to make because everyone struggles with depression and it's how we come about it . We need new ways to explore how we can really help people, and depression doesn't just go away, it's a disorder that is a part of you. In my project people will be able to write down however their feelings are broad and people can comment and relate to it. "Depression is a major risk factor for suicide. Deep despair and hopelessness can make suicide feel like the only way to escape the pain. If you have a loved one with depression, take any suicidal talk or behavior seriously and watch for the warning signs"

"School Health - Mental Health in Schools - Supporting Students with Depression in School." *AAP*, 15 November 2022,

<https://www.aap.org/en/patient-care/school-health/mental-health-in-schools/supporting-students-with-depression-in-school/>. Accessed 25 January 2024.

I like this article because it gives a good lesson, it basically is saying teachers should be more patient and support their students when they have a mental health issue. It helps so much to do whatever you can to reach out and help someone that's dealing with depression or anxiety because they already got enough going on in their life so coming to school should motivate your students to be better people and to also encourage them to practice happiness. "According to a report in Morbidity and Mortality Weekly Report (MMWR), 20.9% of adolescents aged 12–17 years had ever experienced a major depressive episode and in 2019, 36.7% of high school students reported feeling sad or hopeless and 18.8% seriously considered attempting suicide. It is essential to be able to notice the signs and symptoms of depression in children and adolescents and know best practices in support and intervention."

"Adolescent Depression in Schools: Main Cause of Mental Health Issues." *Newport Academy*, 17 January 2023, <https://www.newportacademy.com/resources/mental-health/adolescent-depression-in-schools/>. Accessed 25 January 2024.

This article I get the most information from because I think in some cases school causes depression. When students struggle to focus and learn things in school they tend to get very depressed and overwhelmed when school work pile up so it's important to understand the students health before judging them on their missing school or them not showing up to school , one statement said, “School-related stressors such as bullying and academic pressure can catalyze or contribute to adolescent depression. Because teens are dealing with so many physical and emotional changes during this period of development, it’s harder for them to cope with stress. Social media has magnified typical teen issues like loneliness and poor body image, leading to higher levels of depression in high school. Mental health treatment and loving support from parents can help teens heal from teen depression “

“Anxiety Disorders - National Institute of Mental Health (NIMH).” *National Institute of Mental Health*, <https://www.nimh.nih.gov/health/topics/anxiety-disorders>. Accessed 25 January 2024.

This article is about anxiety, now I personal struggle from mental health and this project will help me a lot too in the the process because this project is for everyone, anxiety is a scary thing it can come outta nowhere and it can be difficult to control so by using the bulletin board we can write now our feelings and it can be no named but it's just a way to come out and talk about it as students! “Generalized anxiety disorder (GAD) usually involves a persistent feeling of anxiety or dread, which can interfere with daily life. It is not the same as occasionally worrying about things or experiencing anxiety due to stressful life events.”

“Anxiety and depression in children: Get the facts | CDC.” *Centers for Disease Control and Prevention*, <https://www.cdc.gov/childrensmentalhealth/features/anxiety-depression-children.html>. Accessed 25 January 2024.

This explains how anxiety in school is real , “Anxiety and depression affect many children1

- 9.4% of children aged 3-17 years (approximately 5.8 million) had diagnosed anxiety in 2016-2019.
- 4.4% of children aged 3-17 years (approximately 2.7 million) have diagnosed depression in 2016-2019.
- Anxiety and depression have increased over time<sup>2</sup>
  - “Ever having been diagnosed with either anxiety or depression” among children aged 6-17 years increased from 5.4% in 2003 to 8% in 2007 and to 8.4% in 2011–2012.
  - “Ever having been diagnosed with anxiety” among children aged 6-17 years increased from 5.5% in 2007 to 6.4% in 2011–2012.
  - “Ever having been diagnosed with depression” among children aged 6-17 years did not change between 2007 (4.7%) and 2011–2012 (4.9%). “

It's crazy how school is supposed to be positive and fun but these numbers are shown differently. School can be fun but we need to realize first there needs to be a change in how we handle kids who struggle with this problem.

Osorio, Aubrianna. “Research Update: Children's Anxiety and Depression on the Rise.” *Georgetown Center for Children and Families*, 24 March 2022, <https://ccf.georgetown.edu/2022/03/24/research-update-childrens-anxiety-and-depression-on-the-rise/>. Accessed 25 January 2024.

MORE DATA :

- Even before the pandemic, anxiety and depression were becoming more common among children and adolescents, increasing 27 percent and 24 percent respectively from 2016 to 2019. By 2020,

5.6 million kids (9.2%) had been diagnosed with anxiety problems and 2.4 million (4.0%) had been diagnosed with depression.

- About 5 million kids also experienced behavior and conduct problems in 2020, a 21 percent increase from the previous year.
- Despite these increases in need, use of mental health care among children and adolescents did not increase over the five-year period. In 2020, only 80 percent of kids who needed counseling or other mental health services received mental health care services in the past year, a slight (but not statistically significant) decrease from the 82 percent who had gotten care in 2016.
- Other health care use also declined, partially due to the pandemic. For example, the share of kids with a usual source of sick care and the share who had had a preventive visit in the past year both declined by more than 6 percent over the five-year period, with unmet need for care spiking 32 percent from 2019 to 2020.
- Parents and caregivers also experienced greater mental health needs. In 2020, just two-thirds of caregivers reported being in “excellent or very good” mental health, and just 6 in 10 reported coping “very well” with the demands of childrearing, both down significantly compared to 2016. On the other hand, 1 in 12 kids lived with someone with a mental illness in 2020, a 5.5 percent increase compared to 2016.

“For Educators.” *SAMHSA*, 24 April 2023, <https://www.samhsa.gov/mental-health/how-to-talk/educators>. Accessed 25 January 2024.

This explains how teachers can help students with mental health issues and I find it interesting because I think students will want to ask for help with them as a safe space kind of like addressing the elephant in the room and finding a game plan into their school work or even outside of school. “You can support the

mental health of all students in your classroom and school, not just individual students who may exhibit behavioral issues. Consider the following actions:

- Learn more about mental health by taking a mental health awareness training
- Promote social and emotional competency and build resilience
- Help ensure a positive, safe school environment
- Teach and reinforce positive behaviors and decision-making
- Encourage helping others
- Encourage good physical health
- Help ensure access to school-based mental health supports

“8 ways teachers can support students' mental health during COVID-19 school returns.” *UNICEF*, <https://www.unicef.org/coronavirus/8-teacher-tips-student-mental-health>. Accessed 25 January 2024.

This article is explaining how you should listen to the students' concerns and address the problems at hand instead of focusing on “Oh why aren't you doing your homework” . It also talks about how to check on them to see how they are doing mentally because I think some people just need to be asked “Hey are you okay, I'm here if you need me!” Provide information about Covid 19 because students will simply not care about that type of stuff so its important to educate students on that topic. Seek suggestions on how can the student be more comfortable in the classroom and make it easier for them.

