



Universities cannot be merely explained as institutions of academic study, but are also the remaining cocoons of development, in which young adults mature personally, socially, and emotionally. Nevertheless, in the last several years, statistics have shown that the issue of mental health among college students has reached the agony stage with a high level of anxiety, depression, and mental discomfort, which can have a serious impact on academic performance and the quality of life among people who study at the college level. Hence, the notion that mental health education should be made a mandatory course in university is rather valid. The objective approach of delivering comprehensive mental health education would not only eliminate the issue of critical awareness and coping strategies but also would provide students with the opportunity to lessen stigma, enhance early help-seeking, and general health, which would lead to academic performance and healthier campus settings. Firstly, research has proved that college students are facing critical psychological challenges that ought to be handled by creating systematic educational intervention. Several reports have mentioned that stress, anxiety, and depressive symptoms among students are on the rise, which hurts both the students and their performance in school. Indicatively, one study, which assessed the experiences of students when the COVID-19 pandemic struck, has shown alarming rates of anxiety (almost 38%), depression rates (almost 30%), with major predispositions of suicidal ideation, which explains the psychological health burden imposed on the population (Park et al., 2023). This information leads to the absolute realization that solely reactive models are not sufficient in cases where help is offered only when a crisis occurs. Second, mental health education might also be included in the curriculum to potentially promote mental health literacy, which is knowledge and competency to recognize,



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