# Mental Health

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Mental health.org have said (quoting research by Kessler, Berglund EE, 2005) that 50% of mental health issues are established by age 14 and 75% by age 24, which is usually high school and university age. So why it that by these ages that most mental health issues are developed?

Mental ill health is a problem in school environments because students, usually aged 13-14, are under pressure from teachers because they have to choose their GCSEs and are put under more pressure for exams since they determine the sets you're in. Mental illness can be exacerbated by internet influences and students become addicted to the internet. They might spend less time talking to their family, therefore if they had a mental health problem, family cannot help them since they do not spend time together, and may not notice.

This is a disaster, as family support from older generations is really important and essential, as they've been through the same situations and have the experience and knowledge to help young people to see it from a different perspective. This could help them to overcome any difficulties and reduce anxiety/stress levels.

I spoke to a full time mother, Leonor Pires, who we asked whether home environments affects your school progress. She said, "Yes, because if you're at school and you know that you are going to a good home which is tranquil and easy to focus in, then you become more motivated. However, if you're at school and you're worried about what's happens at home it harder to focus. If you can't afford the materials you need, you'll know your teacher is going to tell you off for not having them which adds to your stress." This supports the idea that home environments are extremely important to how students can develop mental ill health.

I also spoke to Emily, a year 9 student at Whitecross, and asked the same question. She said, "Yes because parents are the biggest influence and if they don't act responsibly, or are always arguing, then the child will always be worried/anxious to go home and won't be able to focus."

Therefore, I believe that mental ill health is a problem because it can affect students massively if they are stressed about exams, GCSE options and bad home environments and it can influence them and their ability at school which in turn can affect their future, this cannot be fair since it is not their fault as to what happens at home.