

COMBATING STIGMA AROUND MENTAL ILLNESS

A Guide for Students

There is often stigma associated with mental illness in which case mental illnesses aren't given importance or seen as treatment-worthy. They are seen more from a social than a healthcare perspective and this is something that we as a society need to fight against. As students, managing academics, extracurriculars and having enough time to invest in hobbies can be challenging. It is never wrong to seek help if you feel overwhelmed. Here are some tips to help you move towards mental wellness and combat the stigma associated with mental illness.

Coping with stress

Academic stress or personal stress can be unnerving but you don't have to fight your battles alone. Talk about what troubles you with other people or with a professional and you will realise you aren't alone. It is important to seek advice from a trusted source when you feel overwhelmed.



Anxiety and Depression

School can be an overwhelming experience, both academically and socially. Intense nervousness or sadness can overtake your perception, and attending school can become more tedious than anything. Your feelings are very valid, and you should communicate them to your loved ones. Getting help is never the wrong thing to do.



Peer pressure

More often than not, students end up caving into peer pressure and doing things they aren't comfortable with just to fit into a group. Learn to stand your ground and find friends who encourage you instead of pressuring you into becoming someone you are not.



Normalise open communication with loved ones

Addressing the issue of mental health with loved ones can be very helpful in alleviating some of the strain it puts on us mentally. Having open conversations with loved ones can make you feel supported, cared for and validated.

