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 Mental Health Illness Increases

 Mental health issues have been climbing in numbers for decades. In schools, the number has risen from 30 percent to 50 percent in just a short period. So much research has gone into how to solve this problem in our nation but it seems to not be implemented. Mental health can be brought on by many different things and manifest in many different ways. It is hard to pin point the issue when there are different levels, symptoms, and reasons to why a mental health illness is brought on. It can have to do with a bad childhood, stress, anxiety, or even a bad experience. But there are resources, people, and schools that can help someone if they are feeling like they have an illness.

 Over 2.3 million people live with a mental illness but Georgia ranks 47 out of 50 for the best access to help you need. Mental Health America of Georgia offers so many things such as free screenings, insurance, counselors, and facilities needed to get better. They have made a difference in getting people the help they need rather than ending up in prison. 1 in 5 people in Georgia with serious mental illness end up in prison when they really should just be going to a hospital or facility. A resource such as Riverwood Behavioral Health System can be very impactful on a society with such high rates of mental illness. They are the leading depression facility in Atlanta and have many different treatments such as medicine, different types of therapy, and even experiential things that can help the healing process. They customize each treatment to be exactly what the patient needs to ensure a quick recovery. There are also hospitals all over Georgia that specialize in mental illness such as Emory, Northside, Grady, and Ridgeview Hospital.

 Although there are resources for people with severe mental illness, there is also help for those who need more minor help such as students. The school setting is a good place to provide support for students that are feeling depressed or anxious. Symptoms such as trouble concentrating, low grades, frequently avoiding school, or a decline in test scores need to be treated. People such as school counselors and school nurses can play a vital role in helping the students that need it. In 2013 the National Association of School Psychologists came up with a tiered system of mental health that should be used in schools. Tier one is a universal level of support in which all students get access to. This can include a social and emotional curriculum to help the students and support them. Tier 2 are for students that need additional support and to help them with the barriers causing them to do poorly in academics. This can include small groups, classroom management behavior strategies, and individual counseling. Tier 3 is the most help offered and the most personalized. This calls for collaboration from the parents, administrators, and counselor. Treatment can be therapy, small group counseling, behavior plans, or a crisis intervention. Also, school nurses have access to mental and physical health records that can help with a treatment plan for a student. They can provide insight to their coworkers about the mental health concerns they have in the school setting.

 Another small component to mental health is eating right. Although this may not seem affective, there is proof that a healthier diet can improve your mental health and energy. Higher intakes of raw fruits and vegetables have been said to boost your mental health because of the rich micronutrients in them. There have been studies shown that eating raw materials rather than processed ones will reduce symptoms such as anxiety, sleeplessness, and negative mood. The top 10 fruits and vegetables that cause better mental health are carrots, apples, bananas, grapefruit, spinach, lettuce, citrus fruits, fresh berries, cucumber, and kiwi. A healthy diet leads to positive moods and can make more of a difference than people think.

 As a general overview of adult mental health, 3.6% of adults live with a serious mental illness and only about a third receive treatment. Georgia is great about providing care and make sure it is always available in a vast amount of places. But it also takes the patient to want to receive the care and to get the help they need. Proposed solutions in the state of Georgia include creating and improving treatment center, increasing funds for outpatient services, infrastructural changes, and human resource development. Although Georgia is ranked top in the nation for their services they are constantly getting the funding needed to ensure the best care possible and that they come up with new solutions if the old ones are not effective.

 Although mental health will never be cured, there are still many solutions and resources out there to ensure there is help out there when people need it. It is alarming that the number have risen in the past few decades but if everyone that has a mental illness got the right treatment, the numbers would go down. Mental illness is treatable but the right plan and resources for everyone is different for everyone. Making sure you eat a healthy diet, counseling, and prescribed medicine can make all the difference in helping you live a better life.