

Mental Health at Marblehead High School

- Abby Schalck

Before going off into the real world, it is obviously important that students have a basic knowledge of science, English, math, etc. However, it is equally, if not more, important for students to have the skills to deal with mental health issues as young adults. It is important for schools to keep in mind that not everyone in the world is going to become a physicist, but at some point in their lives everyone will have to deal with mental health issues. The school system does a good job of teaching standard classes like math and history, but I believe that a little more time and effort should be put into teaching students about mental health.

It is great that health class is a required course at our school, and that the health teachers do their best to teach students to make healthy decisions. However, I don't think that they have enough time to really teach students everything that they need to know. At Marblehead High School, students have to take four full years of math, science, history, and English, but they only have to take twelve weeks each year of health class. During those twelve weeks, the teachers have to cover nutrition, drugs and alcohol, stress and anxiety, and many other topics. In order for students to fully understand mental health, there needs to be more time dedicated to teaching them the skills to recognize mental health issues.

In addition to needing more time to cover mental health issues, I believe that the school needs to go into more depth with the students on how to cope with issues that they may be going through. One of the main mental health issues that the school tries to cover is stress and anxiety. While the techniques that the school teaches might work for some students, not everyone can resolve their stress in the same cookie-cutter ways that schools teach. A student that has an anxiety disorder cannot make their stress go away by keeping their work organized and not procrastinating. A student with depression cannot just make it through the day with a positive attitude. A student with social anxiety cannot always turn to a friend for help. Facing mental health issues is not just as simple as giving students advice and expecting them to figure it out on their own.

As a whole, Marblehead High School performs well academically, but scores and statistics are not the only thing that the school should focus on. Even if a student has the potential to become one of the greatest minds of the century, they aren't going to go far if depression or anxiety is keeping them from facing the world each day. Sugar-coating student anxiety or depression with high SAT scores or great GPAs is not going to benefit the students in the long run. Simply by adding more time and going into more depth with the mental health program at MHS, students will be able to thrive as young adults.