

WHY STUDENTS ARE VULNERABLE?

In India, the mental health of students is also a growing concern, with various studies and reports shedding light on the challenges faced by this demographic. Below are some facts and relevant references pertaining to mental health assessment of students in India:

1. **Prevalence of Mental Health Issues:** A study conducted in India found a high prevalence of mental health issues among college students, with approximately 38.5% of students reporting moderate to severe psychological distress.
2. **Academic Pressure and Stress:** The academic environment in India is known for its high competition and pressure. Many students experience stress due to academic demands, which can contribute to mental health problems.
3. **Lack of Awareness and Stigma:** Mental health issues in India often go undiagnosed and untreated due to a lack of awareness and pervasive stigma surrounding mental health. This hinders students from seeking help when needed iii [
4. **Risk Factors:** Risk factors for mental health issues among Indian students include academic stress, peer pressure, family expectations, and financial constraints.
5. **Limited Access to Mental Health Services:** A significant barrier to addressing mental health concerns is the limited availability and accessibility of mental health services in India, especially in rural areas.
6. **Impact on Academic Performance:** Poor mental health can significantly affect students' academic performance and overall well-being. A study in India found a negative correlation between psychological distress and academic performance.
7. **Government Initiatives:** The Government of India has recognized the need to address mental health issues among students and has launched various initiatives, such as the National Mental Health Programme (NMHP), to promote mental well-being vii [
8. **Online Mental Health Support:** In recent years, there has been a surge in online mental health platforms and helplines in India, providing students with a more accessible way to seek help and support.
9. **Mental Health Awareness Campaigns:** Several non-governmental organizations and educational institutions in India have initiated mental health awareness campaigns to reduce stigma and encourage early intervention ix.

Research on Mental Health: - There is an increasing body of research in India focusing on the mental health of students, including studies examining the prevalence of mental disorders and the effectiveness of interventions