

The Teacher's Role in Improving Mental Health

Depression affects about 20% of all adolescents before they reach adulthood. Although roughly 10% to 15% of people experience symptoms, only 30% of depressed children receive therapy.

There are many reasons why depressed adolescents don't get the help they need. Some have to do with the fact that our culture downplays the importance of mental health and emotional well-being. Others have to do with how our healthcare system is set up, making it difficult for people to access mental healthcare.

But one of the main reasons depressed adolescents don't get the help they need is that they don't know how to ask for it. And most times, that's because they don't even realise that they need help.

That's where teachers come in. The best teachers in [CBSE schools in Coimbatore city](#) understand that they play a vital role in developing their students' mental health. After all, these teachers see those kids daily, know their strengths and weaknesses, and have a unique opportunity to spot early signs of depression and other mental illnesses.

From the outside, it is easy to believe that instructors are responsible only for providing the curriculum and guaranteeing their pupils' academic achievement. However, the reality is that teachers play a vital role in improving their mental health.

This role is two-fold. First, a teacher can support students who are known to be struggling with mental health issues. This can be done by providing resources, referrals, and just being a listening ear.

Second, a teacher can help to prevent mental health issues from developing in the first place. This can be done by creating a supportive and inclusive classroom environment. When students feel like they belong and are valued, they are more likely to thrive on the academic and social-emotional front. In addition, teachers can help students develop resilience and healthy coping mechanisms.

When it comes to mental health, every student deserves an ally in their corner. This is why sending your kids to one of the top institutions on the [list of CBSE schools in Coimbatore](#) is important. The best [CBSE schools in Coimbatore City](#) have programs in place to support the mental health of their learners.