

pressure and expectancies with stressors together, may precipitate the first onset of mental health problems or symptoms. There is a need for colleges to develop websites that include more of a comprehensive and updated approach to mental health issues. It is necessary to engage in professional development for mental health awareness training for faculty and staff. This information can be provided during campus orientation, campus tours, hosting mental health campus wide events, initiate social activities on mental health in dormitories. Additionally, provide promotional and post promotional materials with information about mental health through campus social media. Faculty may provide screening tools within their course syllabi in order to link students to the resources they would need. Warning signs of mental health issues and what to do about them would be helpful if all students receive a course syllabus that can contain adequate information, videos/links, resources on dealing with stress, bullying, loneliness, and other pertinent issues. There is a need to also coordinate with everyone involved in students' care, including on and off campus providers, provide support for veterans, and offer peer support services. Institutional change is needed in order to promote mental health diversity on college campuses globally. Also, the campus environment has to shift to better meet the needs of all students. The millennial generation should be included due to their widespread use of technology. At least one out of five college students begin using the computer at around the age of five and seven. What does this mean for institutions of higher learning? It is imperative for colleges and universities to place mental health at the forefront for faculty, staff, and students top priority. Recognizing the problem of mental health does exist and committing to the establishment of supportive measures to address the issue is a very important step. Furthermore, ascertaining the ever changing demographics of the student body and ensuring that there are effective policies in place to assist any student who may need help when a crisis arises. There is a necessity to consider all contributing factors for mental health including mobile phone use, online pornography, and pathological internet users ought to be identified as institutions move toward better services for students with mental illness. The determining factor will remain complex. More must be done and can be done. Seeking funding for mental health programming would be a big help towards meeting the needs of students and will lead to academic success. This must be given a priority in order to ensure safety and well being for all students. Taking on mental health should not rest upon only the counseling centers on campuses, but it should be an entire campus community that is committed and willing to increase awareness by establishing collaborative partnerships

designed to minimize the possibility of future acts of campus violence.

9. References

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