

Bourdon, J. L., Moore, A. A., Long, E. C., Kendler, K. S., & Dick, D. M. (2018). The Relationship Between On-Campus Service Utilization and Common Mental Health Concerns in Undergraduate College Students. *Psychological Services*. Retrieved from: <https://doi-org.citytech.ezproxy.cuny.edu/10.1037/ser0000296.supp> (Supplemental)

This article addresses the lack of resources most on-campus colleges have in regard to its students and mental health concerns. As stated in the previous citation, school buildings are typically the second location most students spend their time in, yet these campuses don't have enough service to help those students that require mental health needs. This can range from students suffering from anxiety, depression, stress, etc. and the exact same building space they're in doesn't have the resources (or lack of) to help those students out. This is another reason why fighting for mental health awareness is prevalent, as there isn't much fighting side on school officials to begin with.

Burnett, D. (2018, May 15). Mental Health: Awareness is Great, But Action is Essential. *The Guardian*. Retrieved from: <https://www.theguardian.com/science/brain-flapping/2018/may/15/mental-health-awareness-is-great-but-action-is-essential>

The article is about taking mental health awareness one step further and states that society must act in order to maintain the awareness of those with mental illness. Mental illnesses affect almost a quarter the world's population, yet there are many negative reactions to those that suffer. The article compares mental health awareness to the anti-smoking ads, which while much of the population knows about the dangers of smoking cigarettes, many continue to do so. It felt as if the article was cut short though because it ends without any actions or steps society should make.

Durán-Narucki, V. (2008, March 10). School Building Condition, School Attendance, and Academic Achievement in New York City Public Schools: A Mediation Model. Retrieved from: <https://www.sciencedirect.com/science/article/pii/S0272494408000194>.

This research article goes into details and provides evidence to suggest that physical environments of a school's building (quality, design, whether or not it's dangerous for students to be there, and overall interaction with the school's space) can affect students' mental state while they are in that building. After all, most students spend most of their time in the designated school building when they are not at home, it's almost like their second home in that sense. If the space of the school building isn't appealing enough for the students to be comfortable in, then they're going to have a difficult time concentrating on school subjects and tend to be more stress about it. (280) On the opposite spectrum, if the school buildings are appealing and gives out a positive space vibe for students to be in, the likelihood of having an average GPA rising is high.

Keenan, B., Jenkins, C., Denner, L., Harries, M., Fawcett, K., Magill, L., ...Miller, J. (2011). Promoting Mental Health in Older People Admitted to Hospitals. *Nursing Standard*, 25(20), 46+. Retrieved from: https://link.gale.com/apps/doc/A248659103/HRCA?u=cuny_nytc&sid=HRCA&xid=0b448bc0

This article is about exploring strategies to treat older people with mental health, physical problems, dementia, depression and delirium, improving care's quality for these group of patients. According to this article says that; most of the nurses in general hospitals started helping and giving treatment for older patients with common mental health problems and identifying useful communication strategies.

Keyes, C. L. M. (2006). Mental health in adolescence: Is America's Youth Flourishing? *American Journal of Orthopsychiatry*, 76(3), 395–402. Retrieved from: <https://doi.org/10.1037/0002-9432.76.3.395>

This is a study conducted by Keyes, Corey L. M., this study talks about how the absence of mental health can have a negative impact on a person's development. A person is more likely to get arrested, use drugs, and have conduct problems if the accessibility of mental health services decreases. When mental health decreases symptoms of depressions and isolation increases interrupting a persons' wellbeing, emotional, and mental stability.

Klarić, M., & Lovrić, S. (2017). Methods to Fight Mental Illness Stigma. *Psychiatria Danubina*, 29(Suppl 5), 910–917. Retrieved from: <http://citytech.ezproxy.cuny.edu:2048/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=mdc&AN=29283989&site=ehost-live&scope=site>

This article talks about the significance of fighting mental illness stigma and how it affects the individual, individual's family and society as a whole. The Department of Psychiatry, in Clinical Hospital Mostar claims that in order to reduce the negative effects of stigma we need to first fight the discrimination of mental health in general. The consequences from lack of understanding in mental health by family and friends results in mentally ill individuals developing low self-confidence and esteem which additionally complicates their social and professional functioning.

Health-Related Quality of Life (HRQOL). (2018, October 31). Retrieved from: <https://www.cdc.gov/hrqol/index.html>.

This article talks about how well-being is meaningful because it has positive outcomes when we interact with society. Being mentally stable gives a sense of potential and satisfaction with ourselves and this is reflected in what we give to society. They also talk about a person with mental health, works productively and makes meaningful contributions to the community.

Pinals, D. A. . (2014). Firearms and Mental Illness: Preventing Fear and Stigma from Overtaking Reason and Rationality. *New England Journal on Criminal & Civil Confinement*, 40(2), 379–402. Retrieved from: <http://citytech.ezproxy.cuny.edu:2048/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=lgs&AN=96567143&site=ehost-live&scope=site>

The article discusses the prevention of fear and stigma about those with mental illness and firearms, something that is still extremely controversial to most. The article states that number of violent incidents caused by metal illness is lower, a lot lower than the rest of the

populations that aren't diagnosed with mental illness. There should be stronger control, but there should be a general public education, research and training to reduce injuries and death caused using firearms.

Roeser, R., & Midgley, C. (1997). Teachers' Views of Issues Involving Students' Mental Health. *The Elementary School Journal*, 98(2), 115-133. Retrieved from: www.jstor.org/stable/1002138

This article is about how regular classroom teachers addressed students' mental health needs. As well as how they were good informants regarding which students were most likely to benefit from mental health services, believing that addressing students' mental health needs was part of their role.

Supporting a Friend or Family Member with a Mental Illness. (n.d.). Retrieved from: <https://www.heretohelp.bc.ca/infosheet/supporting-a-friend-or-family-member-with-a-mental-illness>.

This article guides family members and friends of those with mental illness. Research confirms that support from family and friends is a key part of helping someone who is going through a mental illness. This support provides a network of practical and emotional help. Families and friends can be important advocates to help loved ones get through those hard, early stages of having a mental illness.