

# Closing the Gap: Prioritizing Mental Health Education in Teacher Training Programs

We conducted a comprehensive gap analysis, examining various resources to gauge the extent of mental health education provided to teachers during their B.Ed. training.

While there is a commendable emphasis on physical health, mental health remains conspicuously absent from the curriculum. This gap may contribute to the prevalent misconception among educators that teenage mental health solely pertains to conditions like ADHD and autism, overlooking common issues such as depression, anxiety, poor body image, eating disorder, social media addiction etc.

Equipping teachers with the knowledge and awareness to identify these early signs and intervene with [primordial prevention strategies](#) is a crucial competency.

Understanding teenage mental health, debunking myths, recognizing signs, and implementing primordial interventions are not only vital for teachers but also essential for parents.

Although some schools employ specialized counselors, such provisions are rare.

According to the WHO, teenage mental health burdens society at 13%, with the most common onset of issues occurring at age 14. Addressing these issues early can prevent years of suffering and potential long-term impacts into adulthood.

During interactions with final-year B.Ed. students, we observed this critical gap, prompting us to delve into official documents outlining teacher competencies and the weightage given to mental health education. Urgent attention is needed to rectify this scenario.

Fortunately, some teachers, driven by empathy, naturally excel in this competency, often acquiring additional skills to support children in need. Their dedication to shaping young minds and fostering a supportive environment is commendable and contributes to making the world a better place.

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## **BUILDING INNER STRENGTH : A Guide to Mental Health for Teenagers**

A book to empower teenagers in understanding their mental health and learn healthy coping skills. Recommended by eminent scientists from multiple countries. Visit website/ Instagram to learn more.

Website : [www.Buildinginnerstrength.org](http://www.Buildinginnerstrength.org)

Instagram : [@Building\\_innerstrength](https://www.instagram.com/Building_innerstrength)