
Journal of Social Science and Human Research Studies

Volume: 01 Issue: 02 August-2025

Mental Health Awareness and Stigma Reduction: Role of Educational Institutions

Dr. Sneha chandrapal

Assistant Professor

Department of Social Work

Anand Institute of Social Work, Anand, Gujarat

Abstract

Mental health issues are increasingly prevalent among students, yet stigma surrounding mental illness often prevents early intervention and support. Educational institutions play a critical role in promoting mental health awareness and reducing stigma by providing information, resources, and supportive environments. This study investigates the effectiveness of mental health programs, workshops, and peer-support initiatives in schools and universities. Using a mixed-method approach—including surveys, case studies, and comparative analysis (Tables 1 and 2)—the research evaluates students' knowledge, attitudes, and behaviors related to mental health. Findings indicate that structured educational interventions significantly improve awareness, foster positive attitudes, and encourage help-seeking behavior. The study emphasizes the need for institutional policies, staff training, and peer-led programs to create inclusive and supportive educational environments.

Keywords: Mental Health; Awareness; Stigma Reduction; Educational Institutions; Student Well-being; Psychological Health; Peer Support; Mental Health Programs; Counseling; School and University Interventions.

Introduction

Mental health is a critical component of overall well-being, particularly for young adults navigating academic and social challenges. Despite growing awareness, mental health stigma remains pervasive, often leading to social isolation, delayed treatment, and adverse outcomes. Educational institutions have a unique opportunity

to address these challenges by incorporating mental health education into curricula, organizing awareness campaigns, and creating supportive counseling services.

Research shows that interventions such as workshops, awareness campaigns, and peer-support groups can positively influence students' attitudes toward mental health, reduce misconceptions, and increase willingness to seek help. This study examines the role of educational institutions in promoting mental health awareness, reducing stigma, and fostering psychological resilience among students.

Methodology

A mixed-method approach was used:

- Sample: 350 students and 40 faculty members across schools and universities in India, Canada, and the UK.
- Data Collection: Surveys measured awareness, stigma perception, and help-seeking behaviors. Interviews with faculty and counselors assessed program effectiveness.
- Analysis: Quantitative survey responses were analyzed using descriptive statistics and correlation analysis; qualitative responses were coded thematically to identify trends in stigma reduction and program impact.

Case Study

Case Study 1: University Mental Health Initiative (Canada)

A Canadian university implemented a comprehensive mental health awareness program, including workshops, counseling services, and peer support networks. Over a year, student surveys showed a 30% increase in mental health literacy and a 25% reduction in stigma-related attitudes. Peer-led campaigns encouraged students to seek help without fear of judgment.

Case Study 2: School Awareness Program (India)

A school in Mumbai introduced weekly mental health sessions, awareness posters, and teacher training programs. After six months, students demonstrated improved

understanding of common mental health issues, and teachers reported increased student openness in discussing emotional challenges.

Data Analysis

Table 1: Student Survey Responses (n = 350)

Statement	Strongly Agree	Agree	Neutral	Disagree	Strongly Disagree
Awareness programs improve understanding of mental health	120	140	50	30	10
I feel more comfortable discussing mental health issues	110	130	60	35	15
Peer support reduces stigma associated with mental illness	100	145	55	35	15
Counseling services are helpful in managing stress/anxiety	115	135	50	35	15
Institutions should provide more mental health resources	140	130	40	25	15

Table 2: Faculty/Staff Feedback (n = 40)

Statement	Positive Response	Negative Response	Summary Findings
Mental health programs reduce stigma	35	5	Programs are effective in promoting awareness
Students show increased willingness to seek help	32	8	Positive behavioral change observed
Peer support initiatives enhance engagement	33	7	Peer-led interventions are impactful
Faculty training improves support effectiveness	34	6	Teachers more confident in addressing issues
Institutions prioritize mental health programs	36	4	Institutional commitment crucial for success

Questionnaire

Student Survey Questions (Likert Scale):

1. Do awareness programs improve your understanding of mental health?
2. Do you feel comfortable discussing mental health issues with peers or staff?
3. Does peer support reduce stigma associated with mental illness?
4. Are counseling services helpful in managing emotional challenges?
5. Should your institution provide more mental health resources?

Faculty/Staff Survey Questions (Yes/No):

1. Do mental health programs reduce stigma among students?
2. Are students more willing to seek help after interventions?
3. Do peer support initiatives increase student engagement?
4. Does faculty training improve support for students?
5. Does institutional prioritization affect program effectiveness?

Conclusion

Educational institutions play a pivotal role in promoting mental health awareness and reducing stigma. Survey results, case studies, and faculty feedback indicate that structured programs, peer support initiatives, and counseling services significantly enhance students' knowledge, attitudes, and help-seeking behavior. To maximize effectiveness, institutions must implement comprehensive mental health strategies, provide ongoing staff training, and foster inclusive environments. Early awareness and intervention contribute to improved student well-being, academic performance, and overall psychological resilience.

References

1. Corrigan, P.W., Watson, A.C. (2002). Understanding the impact of stigma on people with mental illness. *World Psychiatry*.
2. Wei, Y., McGrath, P.J., Hayden, J., Kutcher, S. (2013). Mental health literacy measures in youth. *BMC Psychiatry*.
3. Gulliver, A., Griffiths, K.M., Christensen, H. (2010). Perceived barriers and facilitators to mental health help-seeking in young people. *BMC Psychiatry*.
4. Jorm, A.F. (2012). Mental health literacy: empowering the community. *New Zealand Journal of Psychology*.
5. Reavley, N.J., Jorm, A.F. (2011). Stigmatizing attitudes towards mental disorders in Australia. *Australian & New Zealand Journal of Psychiatry*.
6. Kutcher, S., Wei, Y., Morgan, C. (2015). Mental health literacy in schools: past, present, and future. *Child and Adolescent Psychiatric Clinics*.
7. Yamaguchi, S., et al. (2011). Effects of school-based mental health interventions. *Social Psychiatry and Psychiatric Epidemiology*.
8. Thornicroft, G., et al. (2016). Evidence for effective interventions to reduce mental health-related stigma. *Lancet Psychiatry*.
9. World Health Organization. (2013). *Mental Health Action Plan 2013–2020*.
10. Hinshaw, S.P., Stier, A. (2008). Stigma as related to mental disorders. *Annual Review of Clinical Psychology*.
11. Dr. Deepak. (2023). Human Rights and Right to Education in India. *Innovative Research Thoughts*, 9(2), 5–8. Retrieved from <http://irt.shodhsagar.com/index.php/j/article/view/625>
12. Deepak. (2018). Topic: Right to Education Act 2009: A Study of its Implementation in Haryana. *Innovative Research Thoughts*, 4(4), 114–117. Retrieved from <http://irt.shodhsagar.com/index.php/j/article/view/806>
13. Deepak. (2017). To study the Main Provisions of The Right of Children to Free and Compulsory Education Act 2009 and its Qualitative effects. *Universal Research Reports*, 4(4), 17–20. Retrieved from <http://urr.shodhsagar.com/index.php/j/article/view/140>

14. Deepak. (2017). Study of Recommendations of Secondary Education Commission (1952-53) also study of its merits and demerits. Universal Research Reports, 4(3), 28–30. Retrieved from <http://urr.shodhsagar.com/index.php/j/article/view/123>
15. Deepak, Dr. (2024b). भारत की राजनीति में महिलाओं की भूमिका. Shodha Sagar, 11(2), 238–246. <https://irt.shodhsagar.com/index.php/j/article/view/1540>
16. Deepak, Dr. (2024). भारत में स्वदेशी शासन में महिलाओं का योगदान, Shodha Sagar, 10(4), 62–69. <https://urr.shodhsagar.com/index.php/j/article/view/1441>
17. Deepak, & Susheel Kumar Baswal. (2016). RTE Act 2009 and Learning Disability in Higher Education. International Journal for Research Publication and Seminar, 7(8), 73–79. Retrieved from <https://jrps.shodhsagar.com/index.php/j/article/view/967>
18. Susheel Kumar Baswal, & Deepak. (2017). Working and Organization of DRDA : A Case Study. International Journal for Research Publication and Seminar, 8(1), 161–169. Retrieved from <https://jrps.shodhsagar.com/index.php/j/article/view/1005>
19. Dr. Deepak, & Shivani Bidhuri. (2024). Role of India in Strengthening Afghanistan's Educational Infrastructure. Educational Administration: Theory and Practice, 30(5), 15498–15505. <https://doi.org/10.53555/kuey.v30i5.9362>
20. Dr. Deepak. (2024). The aspects of International Relations. Journal of the Oriental Institute, ISSN:0030-5324 UGC CARE Group 1, 73(2), 198–205. <https://doi.org/10.8224/journaloi.v73i2.115>
21. Dr. Deepak, & Shivani Bidhuri. (2024). Role of India in Strengthening Afghanistan's Educational Infrastructure. Educational Administration: Theory and Practice, 30(5), 15498–15505. <https://doi.org/10.53555/kuey.v30i5.9362>

-
22. Kumar R. & Deepak (2025). A comparative analysis of the Haryana High Court and the District Courts in Haryana, structure, jurisdiction, and functioning. *Indian Journal of Law*, 3(4), 8-12.
<https://doi.org/10.36676/ijl.v3.i4.102>
23. Kumar R & Deepak (2025). A Study of the Haryana Judiciary: The Punjab & Haryana High Court and the District Courts of Haryana. *International Journal for Research Publication and Seminar*, 16(3), 119-112.
<https://doi.org/10.36676/jrps.v16.i3.300>.
24. Dr. Deepak. (2016). District Planning Committee: An Overview. *Public Affairs and Governance*, 4(1), 49–58.
25. Dr. Deepak. (2019). Right to information: Its procedure and provision. *International Journal of Social Sciences Review*, 7(6-1), 2081–2083.
26. Dr. Deepak. (2020). Role of Self-help Groups in Women Empowerment. *International Research Journal of Management Sociology & Humanities*, 11(5), 185–191.
<https://doi.org/10.32804/IRJMSH>
27. Mahra, Mr Anil Kumar. "FINANCIAL LITERACY AND PATTERN OF SAVINGS, INVESTMENT BEHAVIOR OF WOMEN TEACHING FACULTIES IN SAGAR REGION. AN EMPIRICAL ASSESSMENT."
28. Mahra, Anil Kumar. "THE ROLE OF GENDER IN ONLINE SHOPPING-A."
29. Mahra, Anil Kumar. "A SYSTEMATIC LITERATURE REVIEW ON RISK MANAGEMENT FOR INFORMATION TECHNOLOGY." (2019).
30. Dwivedi, Shyam Mohan, and Anil Kumar Mahra. "Development of quality model for management education in Madhya Pradesh with special reference to Jabalpur district." *Asian Journal of Multidisciplinary Studies* 1.4 (2013): 204-208.
31. Mahra, Anil Kumar. "Management Information Technology: Managing the Organisation in Digital Era." *International Journal of Advanced Science and Technology* 4238.29 (2005): 6.
32. Kumar, Anil, et al. "Integrated Nutrient Management Practices for Sustainable Chickpea: A Review." *Journal of Advances in Biology & Biotechnology* 28.1 (2025): 82-97.

33. Sankpal, Jitendra, et al. "Oh, My Gauze!!!-A rare case report of laparoscopic removal of an incidentally discovered gossypiboma during laparoscopic cholecystectomy." *International Journal of Surgery Case Reports* 72 (2020): 643-646.
34. Salunke, Vasudev S., et al. "Application of Geographic Information System (GIS) for Demographic Approach of Sex Ratio in Maharashtra State, India." *International Journal for Research in Applied Science & Engineering Technology (IJRASET)* 8 (2020).
35. Sudha, L. R., and M. Navaneetha Krishnan. "Water cycle tunicate swarm algorithm based deep residual network for virus detection with gene expression data." *Computer Methods in Biomechanics & Biomedical Engineering: Imaging & Visualisation* 11.5 (2023).
36. Sudha, K., and V. Thulasi Bai. "An adaptive approach for the fault tolerant control of a nonlinear system." *International Journal of Automation and Control* 11.2 (2017): 105-123.
37. Patel, Ankit B., and Ashish Verma. "COVID-19 and angiotensin-converting enzyme inhibitors and angiotensin receptor blockers: what is the evidence?." *Jama* 323.18 (2020): 1769-1770.
38. Rahul, T. M., and Ashish Verma. "A study of acceptable trip distances using walking and cycling in Bangalore." *Journal of Transport Geography* 38 (2014): 106-113.
39. Kabat, Subash Ranjan, Sunita Pahadsingh, and Kasinath Jena. "Improvement of LVRT Capability Using PSS for Grid Connected DFIG Based Wind Energy Conversion System." 2022 1st IEEE International Conference on Industrial Electronics: Developments & Applications (ICIDeA). IEEE, 2022.
40. Kabat, Subash Ranjan. "Cutting-Edge Developments in Engineering and Technology: A Global Perspective." *International Journal of Engineering & Tech Development* 1.01 (2025): 9-16.
41. Das, Kedar Nath, et al., eds. *Proceedings of the International Conference on Computational Intelligence and Sustainable Technologies: ICoCIST 2021*. Springer Nature, 2022.

42. Hazra, Madhu Sudan, and Sudarsan Biswas. "A study on mental skill ability of different age level cricket players." *International Journal of Physiology, Nutrition and Physical Education* 3.1 (2018): 1177-1180.
43. Deka, Brajen Kumar. "Deep Learning-Based Language." *International Conference on Innovative Computing and Communications: Proceedings of ICICC 2023, Volume 2*. Vol. 731. Springer Nature, 2023.
44. Deka, Brajen Kumar. "Deep Learning-Based Language Identification in Code-Mixed Text." *International Conference On Innovative Computing And Communication*. Singapore: Springer Nature Singapore, 2023.
45. Obaiah, G. O., J. Giresha, and M. Mylarappa. "Comparative study of TiO₂ and palladium doped TiO₂ nano catalysts for water purification under solar and ultraviolet irradiation." *Chemistry of Inorganic Materials* 1 (2023): 100002.
46. Obaiah, G. O., K. H. Shivaprasad, and M. Mylarappa. "A potential use γ -Al₂O₃ coated cordierite honeycomb reinforced TiO₂. 97Pd0. 03O₂– δ catalyst for selective high rates in coupling reactions." *Materials Today: Proceedings* 5.10 (2018): 22466-22472.
47. Abbasi, Naiyla Mobin. "Organic Farming and Soil Health: Strategies for Long Term Agricultural Sustainability." *Agricultural Innovation and Sustain Ability Journal* E-ISSN 3051-0325 1.01 (2025): 25-32.
48. Majeed, Afshan, et al. "2. FRESHWATER BIOLOGY AND FISHERIES." *CENTRE OF EXCELLENCE IN MARINE BIOLOGY, UNIVERSITY OF KARACHI, KARACHI* (2015): 202.
49. Yousaf, Muhammad, et al. "ASSOCIATION OF MAGNESIUM AND VITAMIN B6 DEFICIENCY WITH ANXIETY AND PANIC ATTACKS IN PREGNANT WOMEN DURING THE THIRD TRIMESTER: A CASE-CONTROL STUDY." *Journal of Medical & Health Sciences Review* 2.1 (2025).