Perils of the post-graduate

BY JENNIFER TANKE

As the time of the year to think about new goals and resolutions, the middle and the end of high school; the majority of them will make transitions to careers, marriage, or partnerships. Some will experience the realities of substandard and/or poorly paid work. And some will never make the roundabout, and haven't developed a sort of social and professional career. Often, students and their families face difficult times. But they are also hard-earned and valuable lessons that are often not realized until they have been learned by others.

Most of the psychiatric disorders for young adults are like the ones of emerging adulthood (ages 18 to 25) than during any other time of life. Many issues in this age range may be linked to our psychiatric disorder. These illnesses can be triggered by substance abuse, major depression, anxiety and eating disorders. They will be more likely to be mental illness and are at risk for having a chronic illness and a lifelong problem with psychiatric or personality-related problems.

Recovery financially responsible and, unfortunately, their major goal is to remain in school for as long as possible when their skills are most needed. They are best developed, and they are more likely to "find themselves" and explore the possibilities that adulthood offers.

I often think that some of the benefits of this well-recognized illness would have been lost without the help of others. This is simply not true of psychiatric disorders.

Psychiatric disorders do not disappear in one's youth. It is rarely the case that they are diagnosed, even when they are present, and they are often underdiagnosed and undetected.

The Institutes' report on mental illness states that 10% of people with a mental illness had a recognized disorder, and that the time of diagnosis is usually at age 18. But the stigma attached to mental illness is not resolved until adolescence, and studies estimate that 20% of children and adolescents with a psychiatric disorder are undetected. In a recent survey, 40% of children with a psychiatric disorder were not recognized as such. At the same time, 80% of adults with a psychiatric disorder were not recognized as such. The stigma of being labeled as "madness" or "illness" makes it difficult for people to seek help.

Emerging adults' ability to handle stress is not always well-supported. This is the age of the "bump in the road" when major life changes occur, and the effects of mental illness can be devastating on family relationships. Helping emerging adults in the potential to break cycles of poor mental health outcomes is important.

But who speaks for the people in need of help? Concerned, the Institute has created a program to help emerging adults understand mental health issues, and to help them learn about how to access mental health services. This program has been successful. It is not for the emerging adult, but it is for the emerging adult who is willing to take advantage of the opportunities available. It is not for the emerging adult who is not willing to take advantage of the opportunities available.

The Institute's program has helped to change attitudes about mental health and has created a new understanding about the importance of mental health care. This is a time of change for all of us. We need to think about the future of our society and the future of mental health care.