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Itâ€™s been greatly observed that these days, pressure on children is constantly increasing. Apart from the study pressure, children are facing various other difficulties. It is a universal truth that when a child first enters the school life, the child feels reluctant to communicate with new people. Itâ€™s not unnatural, because whenever we are introduced into a new environment, we take time to cope up with it. Moreover, the mentality of people also varies and this creates a jerk into our mind while mixing up with them. When a child is admitted to a school, there the child meets teachers and peers, who may behave different. Some may be polite, some may be rude, some are sympathetic, while others may mix with the child with some wrong intension. But when we interact with people in the school, who have different mind sets, we actually get prepared to be a competent survivor in the real world situation. The real world is more complex then we think it to be. There every other person is different from each other in matter of personality, character, and mental status.

Mental illness may be of various kinds- mood disorder, anxiety disorder, eating disorder, personality disorder and Schizophrenia. Like many other illnesses, major depression can strike out of the blue without apparent reason. Individuals with atypical depression are capable of joy, however fleeting, and can feel temporarily happy in response to a pleasurable occurrence. The fluctuation in behavior is an implication that the children is suffering from some kind of mental illness. In schools, bullying is a major issue that often causes depression to kids. The people, who are engaged in bullying, literally enjoy that because they feel excited by observing others to be in a mental dilemma. Bullying can be a humiliating and embarrassing experience for a child which can demoralize them. When children face the evil of bullying, they need full support from the side of the parents. This support can work as a shield for them to keep their mental stability. Sometime school also becomes a cause of the childrenâ€™s mental illness. When this level of stress becomes high, students often fail to concentrate in their classes and thus fail to cope up with their studies. This can in fact lead them to unethical ways. Some recent data proved that the number of adolescent and teenâ€™s suicidal attempts have been increased in recent years.

The school environment poses distinct challenges, but research and experience has showed that with understanding and co-operation on the part of administrators, teachers, parents and students, a young personâ€™s education does not have to be derailed by a mental illness or mental health problem. Apart from the parents and teachers, the peers can also help the students to cope up with the pressure. There is no harm in expecting high goals from your childâ€™s end, but this should consider the age and ability of the child also. There should be a daily healthy interaction between the parents and the children. A sound home environment works to a large extent to help kids and teens to fight with the circumstances that they face outside their home.

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