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Abstract

The COVID-19 pandemic significantly affected the mental health and well-being of university students worldwide. Academic disruptions, social isolation, financial uncertainty, and health-related concerns contributed to increased levels of stress, anxiety, depression, and emotional distress. This review paper examines the importance of mental health awareness among university students in the post-pandemic era, identifies major challenges, and discusses strategies to promote psychological well-being and resilience.

Keywords

Mental Health, University Students, Post-Pandemic, Psychological Well-being, Stress, Anxiety, Higher Education

1. Introduction

Mental health is an essential component of overall health and academic success. Following the COVID-19 pandemic, universities have recognized the need to strengthen mental health support systems. Increased awareness, counseling services, and digital mental health initiatives have become integral to student development.

2. Mental Health Challenges among University Students

Common challenges include anxiety, depression, loneliness, academic stress, sleep disorders, financial pressure, social isolation, uncertainty regarding future careers, and excessive dependence on digital technologies.

3. Importance of Mental Health Awareness

Mental health awareness helps reduce stigma, encourages early intervention, improves academic performance, strengthens emotional resilience, promotes healthy coping strategies, and enhances overall quality of life.

4. Institutional Strategies

Universities can support student well-being through counseling centers, peer support programmes, mental health workshops, stress management training, online counseling platforms, faculty sensitization, and wellness campaigns.

5. Future Prospects

Future initiatives should integrate digital mental health technologies, artificial intelligence-based counseling support, preventive mental health education, inclusive campus policies, and continuous psychological assessment to ensure sustainable student well-being.

6. Conclusion

Promoting mental health awareness is essential for creating healthy learning environments in higher education. Collaborative efforts by educational institutions, healthcare professionals, policymakers, families, and students can improve psychological well-being and academic success in the post-pandemic era.

Sample References (APA 7th)

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