



Mental Health (MH), Mental Health Literacy (MHL) Level and Knowledge and Perception of Campus MH Resources Among Future Educators

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ABSTRACT

Educators’ mental health literacy (MHL) is crucial for early detection and promotion of positive mental health (MH) of students and their own. This study aims to assess the status of MH, MHL, and knowledge and perceptions of campus MH resources among pre-service teachers in the southeastern United States. This study found that preservice teacher has higher MH illness, low MHL and wellness. In addition, they have limited knowledge about campus MH resources. Findings will inform efforts to enhance MH support and early intervention within educational environments.

INTRODUCTION

- **Mental Health** “is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community.” (WHO, 2025)
- **MHL** “is the knowledge, beliefs, and skills necessary to understand, recognize, manage, and prevent mental health conditions.”
- Prevalence of MH higher among adolescent and more than 50% never seek treatment (NIMH, n.d.; Roberts, et al., 2008; Whitne & Peterson, 2019)
- Teachers play the vital role as often they are the first person to notice the MH problem in children and adolescents (SAMHSA, n.d.).
- Teachers also have higher MH illness than other adults (Doan et al., 2023).
- They agreed that promoting and supporting student’s MH need fits in their role as educators (Ekornes, 2017; Reinke et al., 2011; Shelemy et al., 2019).
- There are significant gaps in research that explore educators’ MH , MHL and their knowledge about resource availability and utilization (Osagiede et al. 2018).
- The purpose of this study is to investigate the prevalence of preservice teachers’ MH, MHL, and assess the knowledge about service availability and utilization among them.

MATERIALS AND METHODS

- IRB approval was obtained
- Participants were pre-service teacher students in 4-year Southeastern US
- Purposeful sampling were used, final sample (N = 39)
- Digital survey in Qualtrics platform was used to collect data.
- The survey includes Demographic question, Previous MH diagnosis, Campus resources, 35 items MHLS , & 5 items WHO wellness

RESULTS

- The mean age of the participants were 21.3 years old with a standard deviation of 2.88. The maximum and minimum age was 34.0 and 18 years old, respectively.
- Out of the 39 participants, 33 (87%) were female at birth and 3 (8%) were male while 2 (5%) was non-binary. 38 (97.4%) of the participants are undergraduate students, conversely 1 (2.6%) was a graduate student. 19 (49%) were first generation students.
- Previous MH diagnosis: 19 (49%) confirmed, 3 (7.0%) may be and 17 (44.0%) no. Out of 22, 10 (45%) never seek treatment.

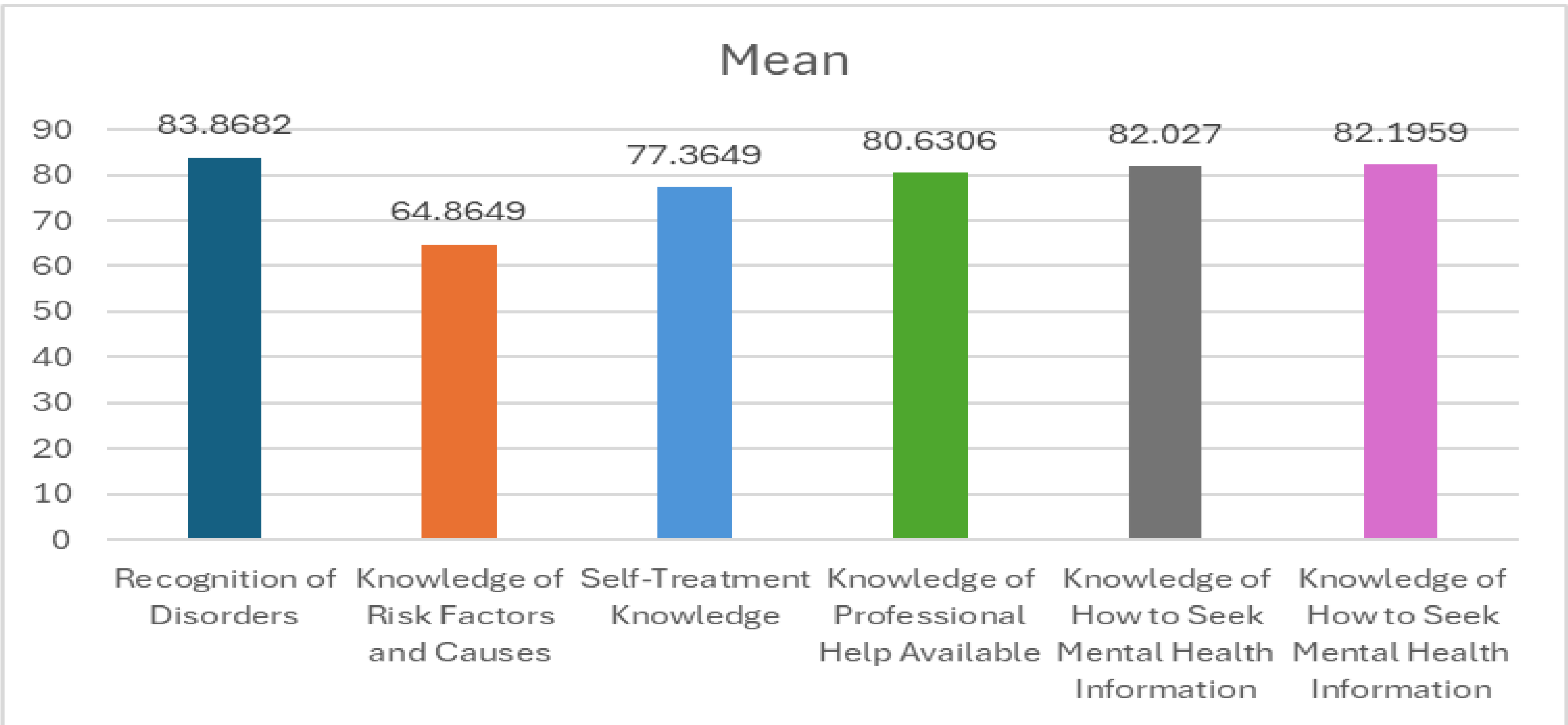
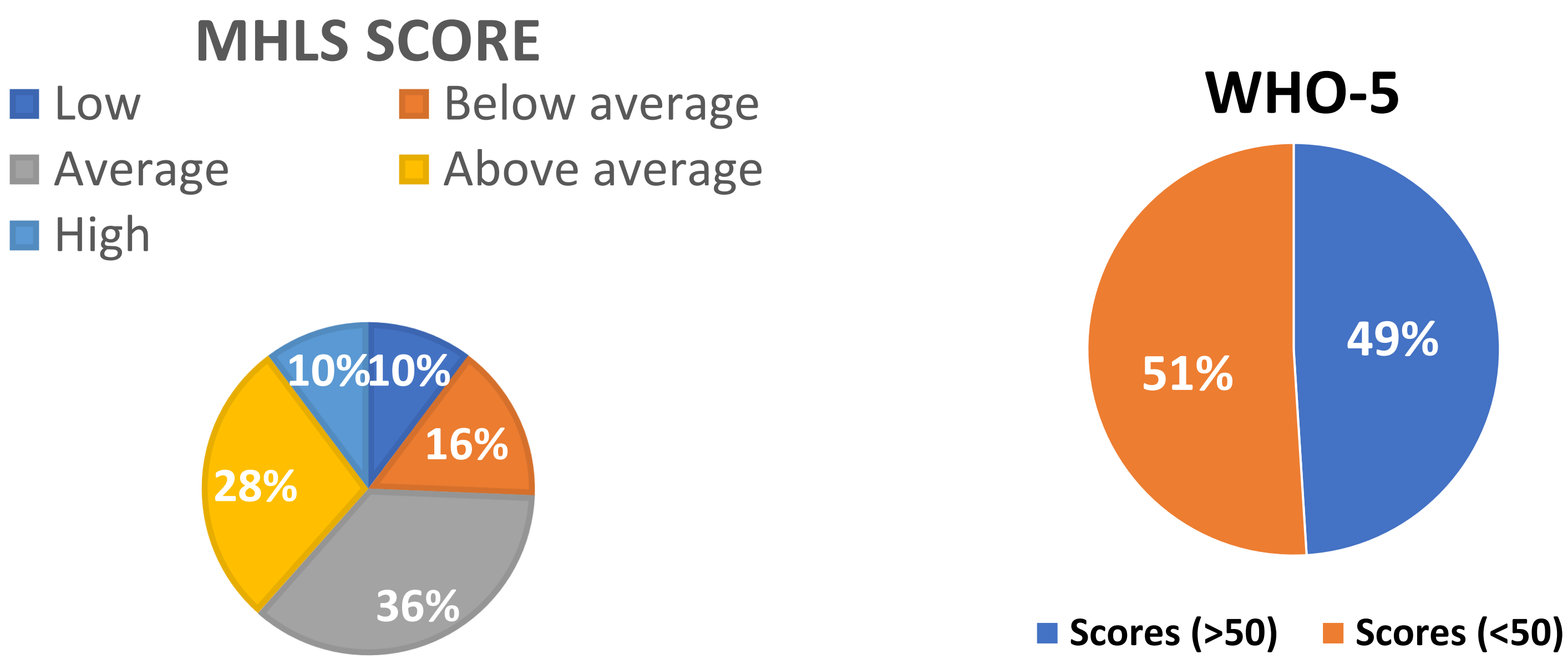


Figure: Mean Percentage Scores for Mental Health Literacy Attributes

RESULTS

Question	Counts	% of Total
Ever used mental health services on the campus?		
Yes	9	23%
No	30	77%
Do you know where to access mental health services on campus?		
Yes	29	74%
No	10	26%
Would you feel comfortable seeking mental health services on campus?		
Yes	20	51%
No	19	49%
Are you aware of any online mental health resources available?		
Yes	20	51%
No	19	49%
Do you know about any workshop or events on campus focused on MH?		
Yes	17	43.5%
No	22	56.5%
Do you think it would be easy to schedule an appointment with an MH counselor?		
Yes	27	69%
No	12	31%

CONCLUSIONS

- In conclusion, this study showcases that preservice teachers have higher MH illness which support previous findings by Doan and colleagues (2023) and 77% don’t use MH service on campus.
- 62% has average and below average MHL scores.
- 49% showed below 50 wellness scores.
- The knowledge about MH resources on campus are limited as findings suggested that more than 50% aware or know about online resource, workshop or contact personnel.
- Findings highlights the importance of assessable MH resources provided on campus to improve their mental well-being and increase knowledge to identify symptoms of poor MH.

REFERENCES

- [References are linked here](#)

ACKNOWLEDGEMENT

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