

Thoughts on Serving the Society with Mental Health Education Resources in Colleges and Universities

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Abstract: In the current era of information and fragmentation, people's demand for mental health services is becoming more and more common. However, no matter in quantity or quality, socialized mental health service institutions cannot meet the urgent needs of the public. Therefore, education resources of mental health in colleges and universities are urgently needed to step forward as a professional force. Based on the author's learning and practical experience, this paper first analyzes the advantages of education resources of mental health in colleges and universities, then discusses the feasibility of serving the society with psychological health education resources in colleges and universities, and finally puts forward the breakthrough point of promoting the resources of mental health education in colleges and universities to serve the society.

1. Introduction

On December 30, 2016, the state development planning commission and other 22 departments jointly issued "the guidance of strengthening mental health service", which encouraged to foster social service agencies, mental health advocacy specialization and standardization of mental health services through "buying service" and other forms so as to provide psychological counseling services to various government organs, enterprises, institutions, other employing units, grass-roots organizations and the people in communities. It has gradually expanded the coverage of services and provided public welfare services to disadvantaged groups. The rise and development of higher education campus in China has laid a foundation for the great development of higher education, improved the teaching conditions and optimized education resources in colleges and universities[1]. In order to realize the sustainable development of higher education campus, it is necessary to fully understand the development rules of higher education campus, give full play to the overall educational function of higher education campus, and realize the sharing of education resources. Naturally, it should also include the sharing of mental health education resources.

2. Advantages of Mental Health Education Resources in Colleges and Universities

There are four basic functions and missions of colleges and universities: talent cultivation, scientific research, social service, cultural inheritance and innovation. Among them, the utilization of high-quality education resources in colleges and universities to carry out social services is an important carrier for the output of talents, the transformation of achievements and the feedback of experience. According to development experience of foreign psychological health education, integrating the concept of synergy in the social governance and letting schools, families and society participate in it, and make joint efforts can effectively promote the smooth progress of mental health education in colleges and universities[2]. It can make mental health education team more professional, and the mental problems of students can be effectively solved, so as to further improve the quality of school mental health education and crisis prevention and intervention. Some colleges and universities also try to involve college students in social work volunteer service to provide students with a "real experience". Through the four benign operation steps of selection, use, cultivation and retention, following the mental process rules of knowing, feeling and meaning, guides college students to establish correct social cognition, increases positive emotional experience, cultivates good will quality, and realizes the comprehensive development of college students in

order to effectively shape positive psychology. This is a new attempt to comprehensively realize the healthy development of college students, so it is a win-win effect for both the service subject and the service object.

3. The Feasibility of Serving the Society with Mental Health Education Resources in Colleges and Universities

3.1 The desire for common improvement is the premise of building a co-construction and sharing model

At present, the mental health status of college students is receiving more and more attention from all aspects of society, and the work of psychological health education of college students is paid more and more attention to by all levels of departments. The voice of further strengthening and improving the mental health education of college students is increasing. The report of the 17th CPC National Congress stressed the need to strengthen and improve ideological and political work, to pay attention to humanistic care and psychological guidance, and to handle interpersonal relations in a correct manner, which puts forward new and higher requirements for further strengthening and improving the mental health education of college students. The current status of education work of mental health in higher education campus urgently requires the improvement of education work level of mental health, which is not only the consensus formed by education administrative departments and various universities in the campus, but also the psychological desire of students to grow into talents in a healthy way. The construction of co-construction and sharing mode of mental health education resources can effectively improve the level of mental health education in colleges and universities in the whole higher education campus[3]. On the one hand, those institutions with better education of mental health in the higher education campus can give full play to the exemplary role to drive other institutions to carry out education work of mental health in a timely and standardized manner, so that other institutions can directly enjoy the successful experience of education of mental health accumulated through years of exploration and draw lessons from it. On the other hand, this mode can also promote the mutual learning and learning learning from each other in colleges and universities, thus improving the level of mental health education in the whole higher education campus.

3.2 The functional positioning of higher education campus provides a guarantee for the construction of co-construction and sharing mode

Higher education campus is a region where graduate students, undergraduate students and junior college students coexist at all levels of education, and it is also an area where different types of colleges and universities concentrate on running schools, displaying their characteristics and competing with each other. At the same time, there is also a natural competition for the level and quality of education. Different types of schools in the campus learn from each other, and develop together. Higher education campus is a campus where resources are optimally allocated and hardware and software resources are shared. Colleges and universities share infrastructure such as water, electricity, roads and buildings, sports and recreation places, library materials and living and logistics services. The software resources in the higher education campus can also be shared. High-quality teachers can take turns to teach in several universities, students can choose their favorite courses in the classes of several universities, and the credits they receive are recognized by each other. The sharing of the hardware and software is the basic purpose of construction of the higher education campus, in order to effectively achieve the optimal allocation of resources, and effectively reduce the investment of manpower, material resources, financial resources and repeated build, and improve the efficiency of resource utilization and the efficiency of running a school. This provides the guarantee for the construction of co-construction and sharing mode of mental health education resources.

3.3 Geographical and human advantages make it possible to build a co-construction and sharing model

The sharing of hardware resources in higher education campus originates from the geographical advantages of location proximity. All kinds of activities that depend on hardware facilities, such as consultation, competition, data query, activity gathering and so on, are easy to control costs because of the close location of colleges and universities in the campus. In a sense, walking transportation is the main principle of resource sharing. The geographical convenience of higher education campus promotes all kinds of communication and made it possible to integrate and share resources of various colleges and universities in the campus[4]. In software resources, the most important factor is the "human", seize the "people" is equal to seize the most fundamental and the most important resources. Higher education campus is a place where talents are gathered. In the campus, high-quality teacher resources can be shared, intercollegiate teachers can be employed mutually, and education teaching quality can be continuously improved. In addition, students in the campus are gathered densely, convenient and close communication, not only to provide a broad base of the masses for the development of mental health education activities, but also to promote their common talent, improve quality is possible.

4. The Breakthrough Point of Promoting the Resources of Mental Health Education in Colleges and Universities to Serve the Society

4.1 Consulting service

Counseling service is to carry out psychological counseling, group psychological therapy, family psychological therapy, psychological counseling supervision and other professional work for social service objects. The general public would like to have access to short-term and efficient paid mental counseling services, such as middle school students facing high school entrance examination and college entrance examination, new mothers who may suffer from postpartum depression, college students entering the workplace and other individuals. Due to the lack of public acceptance and understanding of psychological counseling, people may have polarized cognition of psychological counseling. Or too perfect the effect of mental counseling, looking forward that one consultation can bring about a radical change; Or it is very difficult to accept the form of family psychotherapy, extremely uncooperative. At present, a few universities in Nanchang have external mental consultation windows, and the amount of daily counseling is relatively full. At the same time, some public institutions and administrative institutions began to pay attention to the mental health of workers, and will expect professionals to come to the unit to carry out mental health knowledge lectures for workers so as to popularize mental health regulation knowledge. At present, a small number of senior mental health experts in colleges and universities are employed by district management committee, provincial bureau of letters and visits, and provincial public security department as consultants of mental health experts to carry out education activities such as lectures according to the needs of the other party.

4.2 Training service

Training service a kind of mental training for social service objects, such as EAP, quality development, and group mental counseling. At present, training services are in greatest demand among various social service objects. With the increasing improvement of public mental health awareness, the frequent occurrence of crisis events in social news also reminds people to pay constant attention to their mental health and improve their mental health awareness. Through the interview, we know that some institutions have been at the forefront, such as the provincial social science lecture hall, the provincial party committee and the old cadre bureau, the provincial national tax bureau, the department of transportation, the department of education, the Nanchang railway bureau, Jiangxi mobile, county and city middle schools and other units employ senior college psychological teachers to carry out EAP, experiential psychological quality development training and other training[5].

4.3 Crisis intervention service

Crisis intervention service is to provide mental crisis intervention for groups in need of social service objects. Due to the sudden, implicit and uncertain nature of mental crisis, even if the social crisis management system is well constructed, it is often difficult to detect and prevent the occurrence of crisis events at any time. Therefore, when the mental crisis occurs, it usually needs the assistance of high-quality psychological resources in colleges and universities. In some areas where the concept of mental health education or resources are not well developed, there are fewer senior mental crisis intervention talents in social institutions, so it is more urgent for colleges and universities to strongly support high-quality psychological resources. Only in this way can the negative impact of the crisis be minimized. Therefore, the demand of social services for crisis intervention is uncertain but urgent.

4.4 Science popularization service

Science popularization service refers to the psychological professional team (teachers and students) in colleges and universities to use their own professional knowledge to write books, psychological self-help manual, recording admiration class, writing psychological science popular articles, accepting interviews with the media to promote mental health education knowledge, and so on. Most of the social service objects are non-professionals, but their thirst for knowledge of mental health regulation makes the characteristics of this demand require both visibility and practicality. Visibility is reflected in various forms, it is in line with the current trend, easy to understand, and it meets the psychology of the audience; Practicality is reflected in the strong operability and repeatability.

5. Summary

Both individuals and administrative institutions are interested in the knowledge of mental health regulation, so we can first vigorously develop the function of popularizing science and spread the interesting and useful scientific knowledge of mental health to individuals and groups. For example, by actively using high-tech advantages, we can cooperate with professional video production and communication companies to truly develop video, small programs and Apps that conform to the trend of the times, which are of great interest to the audience, have strong pertinence and have various forms from the perspective of ordinary audiences, so as to let the scientific knowledge nourish everything in silence.

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