

## Reflections on the Mental Health Education of College Students in University Library in Network Age

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**Abstract:** in the new era, the network has penetrated into all aspects of people's life, and in the quality education of college students, the mental health education of college students is a very important part, which is as important as cultural education and science education. Now the Internet has become a familiar information distribution place, especially the college students who stand at the forefront of the times. They not only rely on the Internet for social activities, but also rely on the Internet to collect information, but also some people will shine on the Internet stage. However, because the mentality of students is not yet fully mature and the shaping of values is not fully formed, it is difficult to distinguish between black and white. The network world will bring some impact to the spiritual world of students, and even affect the value orientation and ethical concept of students. However, it can not be denied that the development of mental health education for college students in the network era is not only a challenge, but also an opportunity.

### 1. The present situation of college students' mental health in the network age

In the new era, the network has become an indispensable existence of people's life, especially for young people, in which college students are the main group. This generation of college students pursue fashion and freshness, deeply influenced by the network, both in life and spirit, are very dependent on the Internet. In the era of knowledge economy, the network is the birthplace of information and the diffusion of information. The learning style and lifestyle of college students are also affected by the network. Even because of close contact with the network, the values and interest orientation of some college students will also be changed by the network. But there is no doubt that the existence of the network has both advantages and disadvantages, and the advantages and disadvantages of the existence of the network have expanded the number of college students. The knowledge of college students enriches the spiritual world of college students, the disadvantages are mixed on the network, the information is also complex, black and white are difficult to distinguish, some students will be affected by junk information on the network, the mentality is negative. Students can lead to inferiority and anxiety and even depression because of the gap between the Internet and the reality. At this stage, there are many examples to prove that students will commit crimes because of psychological problems. The school must strengthen the mental health education of the college students, carry on the further psychological counseling to the college students, and help the students to solve the psychological problems in time.

### 2. The advantages of university libraries in mental health education in the network age

#### 2.1 abundant mental health information resources

At present, the application of information technology is universal in the library, and there are more and more network resources and electronic publications in the library collection. in addition, because of the digital resource database and digital traditional literature, the information resources of most disciplines can be found in the library. At the same time, the library is also lack of a large number of mental health resources, whether it is the research and analysis of college students' mental health, the popularization of mental health knowledge, or the development of mental health education, because its mental health information resources are rich, so the library has great

advantages in these aspects. And with the information technology, With the development of library, the library can realize the resource sharing among different libraries, which is more convenient for students to browse, and at the same time, it can also transmit the knowledge of mental health more quickly. With the continuous development of the times, the mental health problems of college students should also be paid more attention to. Schools should aim at the possible mental health education problems of college students and carry out psychological education to college students through a large number of mental health education resources collected by the library, because the library has great advantages in mental health education.

## **2.2 increased acceptability of mental health education**

The network understands the mental health knowledge that they are interested in, and can also carry on the psychological consultation on the network according to their own psychological situation. The emergence of network psychological counseling platform not only breaks the time and space limitations of traditional mental health education, but also provides students with an open communication place, so that psychological counseling educators can solve students' psychological problems in time. Because the network psychological counseling service is anonymous, students can also speak out their psychological problems more calmly, so that problems can be solved in a timely manner. This way of mental health education is obviously more accepted by students, which not only protects the students. Privacy, but also more respect for students.

## **3. The measures to carry out Mental Health Education of College students in University Library in the Network Age.**

### **3.1 Development of network mental health education counselling services**

In the network age, we should make use of the advantages of the network to carry out the network mental health education consultation service, but if we want to carry out this service, we should first establish the mental health information database. However, the establishment of mental health information database is not only for the information digital library to collect the knowledge of mental health education, which is convenient for readers to browse through the network, but also to collect the officially published CD-ROMs database and other teaching software on mental health education. However, in the establishment of mental health information database, do not forget to develop a full-text database.

### **3.2 Establish an online psychological consultation platform.**

The university library should establish a network psychological consultation platform to solve the psychological problems for students in time. Colleges and universities can use their own information resources, aim at the students of our school, hire psychological education professionals to give advice when establishing the network psychological consultation platform, until the network mental health education is realized. Students can not be subject to time and space restriction by carrying out mental health education on the online psychological consultation platform, and can be carried out as long as there is a network. The communication mode of mental health consulting platform is mainly social software or psychological forum, e-mail, etc. Consulting on the online psychological consultation platform, because of the anonymous form, students.

### **3.3 expanding service platforms through mobile phones**

At present, both foreign libraries and domestic libraries have expanded the service platform through mobile phones, added many characteristic services, and can also use the function of mobile phone SMS, so that students can carry out mental health education consulting whenever and anywhere, mental health consulting staff can also give students psychological advice in time, which provides convenience for the school to carry out mental health education.

### **3.4 The electronic reading room shall be opened regularly.**

For the new generation of college students, going to college means breaking away from the

control of their parents and the constraints of teachers. There are few hobbies in their spare time except surfing the Internet. Therefore, the school electronic reading room should seize this opportunity and take the initiative to attract students by opening the electronic reading room regularly and free of charge. At the same time, the school electronic reading room should guide students to block junk information and read positive information. Students can not only find the literature they need in the electronic reading room, but also find the music they are interested in, and they can also carry out mental health education counseling. Here, students can relax themselves and their hearts.

#### **4. Conclusion**

In this new era when the network has been popularized, modern information technology has helped the library to expand a very broad service field. At the same time, the university library can not give up this opportunity. Through the advantages brought by the network, it should achieve multiple channels and omni-directional mental health education services for college students. On this platform, students can carry out a series of psychological counseling to help students develop more healthily, and can also help students to improve their self-confidence and innovative ability.

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