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## Intervention of Mindfulness with Students to Identify Mental Health Problems and Enhance Coping Strategies

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## Abstract

When mental health care is delayed, a young person may have more difficulty in academia and social situations. Therefore, it is important to reach young people to provide them with the skills to deal with stressors and mental health issues. The purpose of this project is to use mindfulness techniques to increase mental health literacy (MHL) and strengthen coping skills which can possibly assist students in building resilience to cope with stressors. By utilizing available mental health resources and learning coping skills, there can be a drastic change in the trajectory of a young persons' life who struggles with stressors otherwise it can lead to further mental health problems.

*Keywords:* mental health, adolescents, college students, mindfulness interventions