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President Thomas is equipped to handle mental health on campus

BY AUSTIN HORNBOYSTEL

If there’s one issue I’ve found Truman State University students care about most during my term as an editor on the student newspaper, it’s the state of mental health on campus.

Last semester was a significant one for me, as I dealt with being diagnosed with depression. Luckily, I had a support system in place and was able to begin the process of working through my mental health issues. I’ve come to realize that having a support system is one of the most crucial steps in handling mental health issues.

Thomas serves on the editorial board for the Index, which means I got a chance to work alongside her as she edited and wrote about mental health. While I did have an editor in chief, Thomas is one of the most experienced and knowledgeable people on the board.

As the former Truman State president, Thomas has had a significant role in bringing mental health awareness and assistance on our campus. She’s mentioned in many of the articles written years ago by Truman alumni and is maintaining relevance today. I even wrote — more so than usual — about mental health awareness and assistance on our campus.

I — and I’m sure others — can applaud Thomas for also pointing out that it’s okay for students to reach out, which is something that can help relieve some of the stigma that surrounds mental health. Many of us who are now in their 80s have vivid memories of the days when electricity, rural water and decent roads, a cellar and the well to keep our milk and butter. Many of the things we take for granted, such as electricity, rural water and decent roads, aren’t always available and now have become necessities in our everyday lives.

I am thankful I don’t currently have a mental illness myself, but I’d be lying if I said I hadn’t had some form of anxiety throughout my life. I found myself struggling with depression. I am currently taking medication for it, which helps a lot.

Mental health differs from person to person, and I believe we need to start having more open conversations about it. I don’t have a mental illness myself, but I’ve been able to see firsthand how much Thomas has helped people who struggle with mental health.

One issue that’s been brought to my attention is how important it is to provide students with access to mental health services. Thomas has been working to bring more resources to our campus to help students who may be struggling with mental health issues.

I think these are all important elements of mental health, and I believe we need to have open conversations about it. We need to start treating mental health as a serious issue.

I hope you take the time to read through this article and learn more about mental health and mental illness.

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LETTER TO THE EDITOR

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The altruistic and magnanimous reasons why we're going to the Student Recreation Center to build a grandiose and magnanimous line to new high school for Truman City.

I am thrilled to say that today, I've overcome that challenge. I have worked through the issue and am now able to live a fulfilling life.

There is no vaccine that can prevent me from having mental health issues. I know how debilitating anxiety can be, but I know that I can overcome it. I have a support system in place and am able to cope with my anxiety.

Mental health is a serious issue. Many of us who are now in their 80s have vivid memories of the days when electricity, rural water and decent roads, aren't always available and now have become necessities in our everyday lives.

I would like to express my somewhat unpopular opinion about Thomas' thoughts on mental health and not mental illness.

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