

# Enhancing Mental Health Literacy Among Students at MAN 1 Kota Jambi

Yuliawati<sup>1\*</sup>, Riska Amalya Nasution<sup>2</sup>, Annisa Andriani<sup>3</sup>, Nurul Kamilah Sadli<sup>1</sup>, Fathnur Sani Kasmadi<sup>1</sup>, Fitrianiingsih<sup>1</sup>, Syamsurizal<sup>1</sup>, Uce Lestari<sup>1</sup>

<sup>1</sup>Department of Pharmacy, <sup>2</sup>Nursing Program, <sup>3</sup>Psychology Program Faculty of Medicine and Health Sciences, Universitas Jambi, Jl. Letjen Suprpto No.33, Telanaipura, Kota Jambi, 36361, Indonesia

## Introduction

Increasing mental health problems among adolescents

Limited awareness and understanding of mental health

Difficulty recognizing early symptoms and seeking help

Need for mental health literacy education in schools

Community program designed to enhance knowledge and awareness

## Materials and Methods

Place : **MAN 1 Kota Jambi**

Participants : **High school students**

Speaker : **Annisa Andriani, M.Psi., Psych.**

Method : **Interactive lecture + group discussion**

Material : **A-Z of Mental Health Module**

Topics : **Understanding → Symptoms → Impacts → Coping → Help-seeking**

Evaluation : **Pre- and post-test to assess knowledge improvement**

## Results

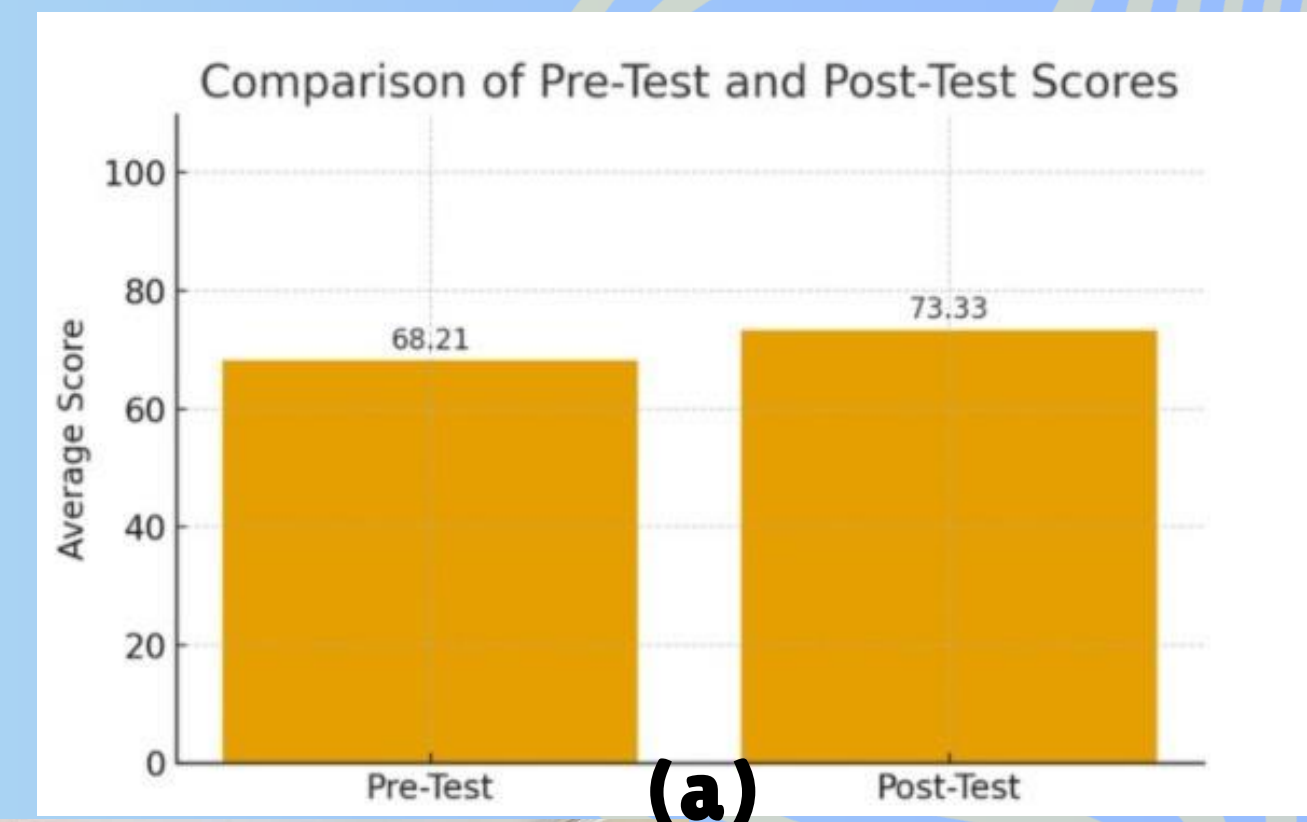


Figure (a) Pre and post-evaluation, (b) Presentation about mental health, (c) Documentation with participants

Pre- and post-test evaluation showed an **increase in students' knowledge**. The average score rose from 68.21 to 73.33, indicating **better understanding and awareness of mental health after the session**.

## Conclusion

The program improved student's mental health knowledge and awareness. Interactive education effectively enhanced early recognition and coping skills, supporting better mental well-being among adolescents.

## Documentation of Activities



Acknowledgments : Special thanks to MAN 1 Kota Jambi and Research and Community Service Institute (LPPM) Universitas Jambi for supporting this program through PNPB funding from Faculty of Medicine and Health Sciences.