

# Research on Mental Health Education and Crisis Intervention Model of College Students under Network Environment

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**Abstract:** With the rapid development of information technology and the widespread popularity of the Internet, the network environment has become an important part of college students' daily life and study. This change not only provides college students with rich information and convenient communication methods, but also has a profound impact on their mental health. This paper aims to deeply analyze the positive and negative effects of network environment on college students' mental health, and then explore the new model of college students' mental health education and psychological crisis intervention model under the network environment, in order to provide effective strategies and methods for promoting college students' mental health and preventing psychological crisis.

**Keywords:** Network environment; College students; Mental health education; Crisis intervention model

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Amid the swift advancement of societal development and the intensifying competitive landscape, the psychological well-being of university students has garnered significant attention and has emerged as a widely discussed issue across various domains. The emergence of the online environment has brought new opportunities for mental health education among college students, but it has also presented many challenges. At present, the conventional approach to mental health education encounters challenges like scarce resources, confined temporal and spatial constraints, and the struggle to cater to personalized requirements. Consequently, it is imperative to thoroughly investigate innovative paradigms of mental health education and psychological emergency response tailored for college students in the digital sphere. The objective is to furnish robust backing for elevating the mental health standards among college students and fostering their comprehensive growth.

## 1. The Impact of the Online Environment on College Students' Mental Health

### 1.1 Positive impact

The online setting, boasting its distinctive benefits, offers a wealth of resources and user-friendly channels that contribute to the psychological growth of university students, yielding considerable beneficial outcomes. Specifically, the internet offers college students extensive channels for information acquisition. Through the internet, college students can easily access various knowledge about mental health, such as the definition, standards, maintenance methods, and strategies for dealing with psychological issues, enabling them to better understand their mental state and guide them to adopt a positive attitude towards life's challenges. At the same time, mental health forums, blogs, WeChat public accounts, and other platforms on the internet provide spaces for college students to share experiences and exchange insights, which helps them form correct concepts of mental health. In addition, the digital landscape provides accessible mental health care options for university students. Services such as web-based psychological counseling, online assessments, and mental health training transcend the limitations of time and location, enabling students to obtain expert psychological assistance at any moment and from any location, thereby teaching them how to self-regulate and self-soothe, thus enhancing their psychological self-care abilities. Finally, the internet environment also helps college students build positive interpersonal relationships, using online social networking, college students can meet friends from different regions and cultural backgrounds, broadening their social circles<sup>[1]</sup>.

### 1.2 Negative impact

While the online environment significantly contributes to the psychological growth of university students, its adverse implications cannot be dismissed. Initially, the internet is replete with an immense volume of data, portions of which are inaccurate, misleading, or detrimental. Students often struggle to differentiate between fact and fiction within this sea of information, making them prone to being misled. At the same time, the abundance of information choices can also make college students feel overwhelmed, increasing their psychological burden. Being in a state of information overload and decision-making difficulty for a long time, college students may develop psychological issues such as anxiety and irritability. Second, the internet environment may lead to internet addiction among college students. Internet addiction refers to an individual's excessive dependence on the internet, an inability to control their online behavior, resulting in psychological, physiological, and social dysfunction. College students, due to academic pressure and interpersonal issues, may use the internet as a way to escape reality and seek solace. Once trapped in the quagmire of internet addiction, college students may experience concentration problems, memory decline, and low mood, which can even affect their academic performance and interpersonal relationships. Furthermore, the digital sphere may adversely affect the social abilities of university students. Although online social networking provides college students with a convenient way to communicate, over-reliance on online social networking can lead to social difficulties in real life. For example, some college students can express their thoughts and emotions freely online, but become silent and inarticulate in real life.

## **2. New Model of Mental Health Education for College Students in the Network Environment**

### **2.1 Utilizing online resources to carry out mental health education**

In the context of the internet era, it is essential to fully explore and leverage the significant advantages of online resources for mental health education among college students. Firstly, a series of high-quality online mental health courses should be actively established. This system should not only cover basic theories of mental health but also delve into practical content such as psychological adjustment techniques, stress management strategies, and methods for emotional regulation. The course formats should be diverse, including video lectures, audio interpretations, and illustrated tutorials, to fully meet the learning needs and preferences of different college students. In addition, utilizing online platforms for extensive mental health education promotion is equally crucial. Regularly publishing mental health-related information, case analyses, professional analyses can markedly improve university students' comprehension and focus on psychological health concerns. Concurrently, inviting renowned experts in the field of mental health to conduct live online lectures and interact with students in real-time, answering their questions, and providing professional guidance is also beneficial<sup>[2]</sup>.

### **2.2 Building a network platform to promote mental health communication and support**

Digital platforms have facilitated an accessible and streamlined setting for the exchange of mental health information and assistance within today's university student community. To fully tap into the potential of these platforms, it is worth considering the establishment of specialized mental health forums or communities to encourage students to share personal psychological experiences, emotional troubles, and coping strategies. In such an environment, students can freely express their inner feelings, gain understanding and empathy from peers, thereby effectively alleviating psychological stress. Additionally, platforms should actively introduce professional mental health experts and counselors to provide professional psychological counseling and guidance to college students. Through online chat, video consultations, and other means, customized mental health support can be provided to help students overcome psychological difficulties and improve their mental health quality<sup>[3]</sup>.

### **2.3 Providing personalized mental health services by integrating data analysis**

In the context of the internet era, it is essential to emphasize the importance of individualization and refinement in mental health education for college students. Teachers should extensively collect and deeply analyze data on college students' mental health, such as psychological assessment results, online learning dynamics, and social media interactions, to fully understand their mental health status and actual needs. Based on this, a personalized mental health counseling plan should be tailored for each college student, along with practical psychological adjustment suggestions. For instance, for college students with severe anxiety, a series of relaxation training courses can be recommended; for those lacking social skills, online social activities can be planned to help them improve their social skills. Furthermore, the application of data analytics can facilitate continuous tracking and proactive alerts regarding the mental health of university students, enabling the prompt identification and addressing of potential psychological challenges to avert the exacerbation of these issues. This personalized mental health service model that integrates data analysis can not only meet the mental health needs of college students more efficiently but also significantly improve their mental health levels, establishing a robust basis

for nurturing comprehensive individuals who will be the constructors and inheritors of socialism,excelling in ethics,intellect,physical well-being,artistic appreciation,and work ethic.

### **3. Intervention Model for College Students' Psychological Crisis in the Network Environment**

In the online environment,the psychological crisis intervention model for college students needs to fully utilize the advantages of network technology to achieve comprehensive coverage of psychological crisis prevention,identification,intervention,and follow-up support.Specifically,prevention is the first step in psychological crisis intervention.By using online platforms,mental health education can be widely carried out to improve college students' understanding and emphasis on mental health.At the same time,big data analysis technology can be used to monitor students'online behavior and emotional states in real-time,identifying potential psychological crisis risks promptly.During the identification phase of psychological crises,the online environment provides a more convenient and efficient approach.Traditional psychological crisis identification often relies on face-to-face observation and communication,while the online environment allows us to capture signs of psychological crises through students'statements and behaviors on social media,online forums,and other platforms.For example,students may post negative or pessimistic remarks on social media or seek psychological support in online forums.This information can serve as clues for psychological crisis identification,helping us to discover and intervene in a timely manner.Once a psychological crisis is identified,the intervention measures in the online environment also need to be rapid and effective.On one hand,online psychological counseling and video calls can be used to provide students with immediate psychological support and counseling.This method not only breaks through the limitations of time and space but also protects students'privacy,making them more willing to open up and accept help.On the other hand,online resources can be utilized to provide students with a wealth of psychological adjustment skills and coping strategies,aiding them in more effectively managing psychological emergencies.During the subsequent assistance stage of intervening in psychological crises,a psychological crisis intervention archive and database can be established through online platforms to record students'intervention processes and feedback on outcomes.This information can not only be used to assess the effectiveness of interventions but also provide references and lessons for future psychological crisis interventions.In addition,the model for addressing psychological crises among college students in the digital sphere should also prioritize a multifaceted approach and collective effort.Various forces such as universities,families,and society should participate together in psychological crisis intervention work to form a joint effort.Universities can establish specialized institutions or teams for psychological crisis intervention,responsible for the identification,intervention,and follow-up support of psychological crises<sup>[4]</sup>.Universities should also strengthen communication and cooperation with families and society,jointly paying attention to students'mental health,and promptly discovering and solving potential psychological crisis issues.

### **4. Conclusion**

In summary,constructing a mental health education and crisis intervention model for college students in the online environment is a systematic project.It necessitates that we fully harness the strengths of network technology while also acknowledging the challenges it brings.By innovating educational approaches,such as utilizing online resources for education,establishing communication platforms,providing personalized services,and developing a comprehensive psychological crisis intervention system,we can more effectively facilitate the mental health of college students and prevent the onset of psychological crises.Throughout this process,the collective efforts of universities,families,and society are required,as well as continuous exploration and practice to continually refine and optimize this model,thereby providing a solid foundation for the holistic development and healthy growth of college students.

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