

Perplexity and Countermeasures of Psychological Crisis Intervention of College Students under the Background of Mental Health Law

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Abstract: With the development of society, the pace of society is speeding up, the social pressure is increasing sharply, students commit suicide or hurt others because of mental illness and mental disorder. The frequent occurrence of psychological crisis on campus has seriously affected the healthy growth and life safety of students. It is also one of the problems in the education reform in recent years to improve the ability of dealing with psychological crisis. This paper puts forward some coping strategies to strengthen the coping with campus psychological crisis events, so as to draw some experience and conclusions for reference.

Keywords: College Students; Psychological Crisis; Psychological Crisis Intervention

1. Psychological crisis of college students and its intervention

When people face the events that they can't deal with by their own resources, there will be a state of psychological imbalance, which is psychological crisis. Experience the major events in life, such as sexual assault, loss of loved ones, violent attacks, sudden disasters, such as individual psychological crisis. Crisis state can cause all kinds of bad emotions, induce depression, schizophrenia and other mental diseases, even suicide or harm to others.

There are several common incidents of psychological crisis among college students as follows: self-injury, injury and intimidation caused by emotional disputes; sudden situations, self-injury or intimidation caused by mental illnesses; incidents of sexual harassment or sexual assault suffered or inflicted; other acts of self-injury caused by academic frustration or excessive pressure; campus panic caused by successive accidental deaths of students; and threats against schools by parents or people outside the school.^[1]

Psychological crisis intervention is to give timely appropriate psychological assistance to the individual in the state of psychological crisis to get rid of difficulties as soon as possible. In order to reduce the vicious events caused by the students' psychological crisis and promote the students' healthy growth, we should prevent the students' psychological crisis as soon as possible. It is of great significance to construct an effective and operable psychological crisis intervention system for college students to improve their physical and mental health and promote social harmony.

2. Objects of psychological crisis intervention of college students

The general objects of psychological crisis intervention mainly include the following categories: students with suicidal tendencies screened out in the general survey of mental health; students with psychological abnormalities due to excessive study pressure, such as excellent students who fail for the first time, students who will be expelled from school due to multiple courses needing to be retaken; students with psychological or behavioral abnormalities due to recent major life events, such as major changes in family, encounter crisis, unexpected stimulation, etc.; students with personal emotional frustration, such as psychological or behavioral abnormalities due to frustration in love; interpersonal relationship disorders, such as students with psychological or behavioral abnormalities due to serious conflict with teachers or classmates, public humiliation, shock, exclusion or discrimination; and students with isolated character, family financial difficulties and psychological or behavioral abnormalities.^[2]

Students who have recently given the following warning signals shall be subject to assessment and intervention as key targets. There are mainly the following categories: students who have talked about suicide and thought about suicide; students who have apparently changed their behaviors, such as giving benediction to classmates, friends or family members, giving farewell messages, etc.; students who have suddenly appeared abnormal moods, such as emotional fluctuation, high anxiety, fear, diet and sleep; students who have appeared abnormal psychology, such as hallucinations, delusions, etc., accompanied by clinical manifestations of mental disorders.

3. Impact of psychological crisis on campus

Different ways of handling crisis events have different consequences. First, the individual successfully through the psychological crisis, and learned how to deal with the crisis strategy, the overall psychological quality beyond the pre-crisis level. Second, the crisis but left a psychological trauma, the next encounter the same situation is that there may be new inadaptability. Third, failed to overcome the crisis and psychological barriers. Fourth, can not withstand strong stimulation and appear self-destruction. Campus crisis events, if handled improperly, will seriously affect the normal teaching order, and will spread beyond the campus, becoming a community or social problem, and have a negative impact on the school's reputation.

4. Basis for the Construction of Psychological Crisis Intervention System

Most of the college students are 18/19 ~ 21/22 years old, in the transition period from puberty to early adulthood. Adolescent

children's main development task is to establish self-identity, that is, a person can psychologically integrate themselves, if the development is smooth, will form a more objective self-concept. On the other hand, if the development is not very smooth, it will cause confusion of identity, I do not know how to exist, the goal of life feel lost hesitation, prone to psychological crisis.^[3]

5. Operation mode of psychological crisis intervention system

5.1 Early detection and early warning

Class, department and school warning network shall be established. Establishing the early warning network of class, department and school to ensure the smoothness of early warning information aims at early detection, timely intervention and effective control of psychological problems.

5.2 Conducting psychological crisis intervention and assessment

Upon receipt of a crisis alert, the relevant authorities shall forthwith evaluate the information, inspect and interview the warning target, and promptly provide crisis intervention recommendations to the relevant authorities.

5.3 Mid-term psychological crisis intervention

First, the establishment of psychological crisis monitoring system. For a student who is assessed by the expert group as having serious mental disorder, or who is found to have suicidal thoughts or even self-injury or self-mutilation, the parents of the student shall, in principle, be notified to take him back and supervise him to the professional health institution for treatment.

Second, the establishment of psychological counseling and treatment system. The school establishes the psychological consultation room, to the crisis degree not high student, may accept the psychological consultation in the psychological consultation room. Students with severe symptoms of the crisis must receive professional treatment in mental health institutions on the basis of drug treatment.^[4]

5.4 Post-crisis psychological intervention

Psychological intervention after the event: First, improve the psychological files of the parties, grasp the changes in students' mood, cognition and behavior. Secondly, we can use supportive intervention or group psychological counseling to give group counseling to the dormitory and class to help them recover as soon as possible and learn normal life. Third, in a certain period of time, regularly report the situation of the parties to the crisis to the leader in charge, and at the same time inform the school psychological counseling center, so that the school's main leaders and psychological professionals can understand and master the rehabilitation of the parties to the crisis.

5.5 Establish a referral system

Establish a cooperative relationship between schools and professional mental health institutions outside schools. If necessary, they can be referred to an out-of-school general hospital or a professional mental health hospital for effective intervention and treatment.^[5]

5.6 Follow-up tracking system

When a student who suspends schooling due to psychological crisis applies for resumption of schooling, he/she shall go to the hospital designated by the school for reexamination, and may go through the formalities for resumption of schooling only after obtaining the rehabilitation certificate issued by the hospital. At the same time, the school and its parents to sign a written agreement, psychological counseling center to assist students in the late follow-up, to minimize recurrence.

6. Conclusion

Psychological crisis intervention system for higher vocational college students is of great significance for coping with campus crisis, enhancing students' physical and mental health and promoting the building of a harmonious society. This is a long-term task and a systematic project, which needs schools to summarize and explore in the long-term work practice in order to further improve the coping strategies of college students' psychological crisis intervention.

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