

“The Ruderman White Paper on Mental Health in the Ivy League” is disturbing but insightful to me.

Most college students think of parties, networking and feel a sense of freedom when they leave for college. In most cases, not all, students are thrown in a situation where they are forced to rely on new found friends for comfort in times of need. Their friends and family they left behind may be hundreds or even thousands of miles away. There needs to be consultants in place at these universities that can be accessible to help people who suffer from mental disorders, anxiety, stress, depression. I see that some women also have been physically abused which is also a situation that needs to be addressed.

Since there is a need for help, the social media platforms are growing by astronomical rates. As stated, Facebook is the most popular social media platform available to date.

Eugene Beresin M.D., M.A., Co-authors: Steve Schlozman, MD and Eliza Abdu-Glass wrote an article posted March 06, 2017. This article states, " On college campuses, the ratio of certified counselors to students overall is about 1:1000 – 2000 for small to moderate size schools, and 1:2000 – 3500 for large universities." These figures are absurd.

This study is a diagnosis of the most prestigious universities in the entire World. The academic accomplishments of these students must be almost perfect. The stresses associated with this perfection is overwhelming for anyone to endure. The Ivy league universities set the standard. Why not introduce remedies for this epidemic that seems to be growing at an alarming rate?

We need to fight for **DISABILITY INCLUSION AND NOT DISABILITY EXCLUSION.**

Since there is a need for help, the social media platforms are growing by astronomical rates. These platforms are outlets or substitutes for one on one interaction. We need to rely on each other for comfort. Programs need to be developed. These programs and support could be added to tuition.

The solution to this is, on going research on the Social Media Persona (Triple Conscious Theory) to understand the Public, Private and Social Media Persona, as well as ongoing research for “SMDD” Social Media Dependency Disorder “ that causes disability in the 3rd persona as stated before the dominate persona of this generation impacting billions every year, stated by the American Disability Act (ADA). Social Media outlets alter the mind and change perspectives creating an unrealistic grasp of reality and the way we perceive things.

I would urge the World Health Organization to consider, Social Media Dependency Disorder, as a newly listed Disorder in the Diagnostic and Statistical Manual of Mental Disorders (DSM). Based on the research conducted by The Global Touch Foundation and Research Partnerships. Launch the “ Social Media Awareness Day “ as a global day of awareness for all Social Media Users. This would bring awareness to mental/behavioral health and personal self-check programs.

Research, case studies, statistical data proves that people are suffering. How many suicides, how many drop-outs, how many crushed dreams will it take for someone to say, "Enough is Enough?" ALL people with mental disorders, disabilities need us and WE as humanitarians need to create ways to support them. When The Global Touch Foundation is funded, we will provide online course curriculums to educate men, women children of all ages. Podcasts, speaking engagements, Social media Hotlines will be developed and utilized. We all need to uplift each other because at the end of the day, WE are all WE have.

Respectfully,

Jonathan Bertrand

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