

STUDENT SENATE BILL 2022-1008

TITLE: Resolution Recognizing May as Mental Health Awareness Month 2022

AUTHOR(S): Senator Gabriela Montes, Senator Oscar Santiago

SPONSOR(S): Senator Connor Panish, Senator Cassie Urbenz, Senator Faith Corbett, Minority Party Leader Gabrielle Adekunle

WHEREAS, in 1949, the Mental Health America Organization designated the month of May as “Mental Health Awareness Month” [5]; and,

WHEREAS, the established purpose of Mental Health Awareness month is to “increase awareness of the importance of mental health and wellness in Americans' lives, and to celebrate recovery from mental illness” [1]

WHEREAS, the National Institute of Mental Health reports that about one in five adults live with a mental illness and 75% of these experience symptoms by the age of 24 [3]; and,

WHEREAS, in a study conducted by the National College Health Association during Fall 2021, it was found that about 78.4% of surveyed students reported experiencing “moderate to serious mental distress” [2]; and,

WHEREAS, students such as the AWARE ambassadors serve as representatives of UF’s Counseling and Wellness Center (CWC) and work to “provide wellness and mental health awareness outreach initiatives” and “reduce the stigma towards seeking mental health resources and services” [4]; and,

WHEREAS, the CWC held a series of events recognizing Mental Health Awareness Week from March 21st-25th, 2022 in order to bring awareness to the importance of student mental health along with teaching students about positive coping mechanisms to deal with stress [4]; then,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate recognizes the month of May as Mental Health Awareness Month.

THEREFORE, LET IT BE FURTHER BE RESOLVED that the University of Florida Student Senate supports the initiatives and further expansion of the resources provided by the CWC.

THEREFORE, LET IT FINALLY BE RESOLVED that the University of Florida Student Senate recognizes the importance of mental wellbeing and supports all efforts to reduce the stigma around seeking support in times of mental distress.

Proviso: A copy of this resolution shall be sent to President W. Kent Fuchs, Provost Joseph Glover, Assistant Vice President of Student Affairs Dr. D’Andra Mull, University Dean of Students Heather White, Director of the Counseling and Wellness Center Ernesto Escoto, Student Body President Cooper Brown, Student Body President-Elect Lauren Lemasters

- [1] <https://youth.gov/feature-article/may-national-mental-health-month>
- [2] https://www.acha.org/NCHA/ACHA-NCHA_Data/Publications_and_Reports/NCHA/Data/Reports_ACHA-NCHAIII.aspx
- [3] <https://fenwayhealth.org/the-importance-of-mental-health-awareness-month/#:~:text=Mental%20Health%20Awareness%20Month%20provides,healing%2C%20recovery%2C%20and%20fulfillment.>
- [4] <https://counseling.ufl.edu/outreach/aware/ufisaware/>
- [5] <https://www.lehighcenter.com/history/the-inspiring-history-of-mental-health-awareness-month/>