

STUDENT SENATE BILL 2024-1384

TITLE: Resolution Celebrating Men’s Mental Health Month and Recognizing the Importance of Mental Health Resources at the University of Florida

AUTHOR(S): Senator Joshua Yaciuk, Senate President Monish Vijayaraghavan, Senator Matthew Bravo, Senator Miguel Delgado, Minority Party Leader Anamika Naidu, Majority Party Leader Julia Seifer

SPONSOR(S): Senator Finnley Gibbons, Senator Anthony Boulosa, Senator Katherine Gonzalez, Senator Fahim Islam, Senator Gariela Castro, Deputy Minority Party Leader Isha Khan, Senator Adriana Sela, Senator Logan Siemienas, Senator Amanda Badalamenti, Senator Matthew van Wert, Senator Rafeh Khan, Senator Eric Davies, Rules and Ethics Chairwoman Samantha Kinggard, Senator Jack Lobeck, Member-at-large Roman Quattrocchi, Senator Rafeh Khan, I&C Chair Woman Laurel Wentworth, Senator Daniel Weinberger, Senator River Koile, Senator Max Thellab, Senator Kishan Nayak, Director of Health Affairs Aaron Sindhu, Judiciary Chairman Aaron Rubaii, Senator Hunter Monson, Senator Alexander Wierchs, Senator Jaxen Ranson, Senator Joshua Yaciuk, Senator Arshan Falasiri, Senator Megan McGuire

WHEREAS, Men’s Health Month originated in 1994 as National Men’s Health Week, as designated by the United States Congress [1]; and

WHEREAS, it has since come to include Men’s Mental Health Month, specifically spotlighting the mental well-being of men in addition to the social/physical aspects of health; and,

WHEREAS, mental health issues are prevalent among men, yet they are often less likely to seek help due to stigma and societal expectations [2]; and,

WHEREAS, despite being prevalent, conditions such as depression may not be recognized easily in men due to reasons such as not recognizing symptoms, downplaying symptoms, stigma surrounding treatment, and an unwillingness to share symptoms [3]; and,

WHEREAS, according to Mental Health America, over 6 million men suffer from depression per year [4]; and,

WHEREAS, nearly 1 in 10 men experience anxiety or depression on a daily basis, but less than half of those men will ever seek treatment [5]; and,

WHEREAS, suicide has been a leading cause of death for men over a consistent period and is the second largest cause of death in young males [6]; and,

WHEREAS, in 2023, 76% of college students experienced moderate to serious psychological distress [7]; and,

WHEREAS, a 2023 survey showed nearly matching rates of severe depression, anxiety and stress among college students and faculty and staff [8]; and,

WHEREAS, according to a survey conducted by the American College Health Association in 2023, only 22.5% of male undergraduates nationwide received mental health or psychological services or care [9]; and,

WHEREAS, the University of Florida provides mental health resources such as the U Matter We Care (Campus Assistance and Resources for Empowerment) Program; and,

WHEREAS, the UFPD is the first campus police department in the country to launch a co-responder, crisis intervention team with the knowledge in how to help individuals with mental health concerns and respond effectively to mental health emergencies [10]; and,

WHEREAS, University of Florida students who may be unaware of where to find mental health resources can reference the aforementioned resources at <https://umatter.ufl.edu/helping-students/mental-health/> [11]; then,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate recognizes that the month of June is Men’s Health Month and by extension Men’s Mental Health Month, highlighting the importance of mental health in men and encouraging them to speak up and seek help for mental health issues.

THEREFORE, LET IT FURTHER BE RESOLVED that the University of Florida Student Senate is dedicated to the continual expansion of mental health resources and committed to bettering the mental well-being of male students and staff at the University of Florida throughout the year.

THEREFORE, LET IT FINALLY BE RESOLVED that the University of Florida Student Senate is committed to serving the needs of all students by protecting rights and by promoting well-being and representation of every individual within the institution.

Proviso: A copy of this resolution shall be sent to VP of Student Life Heather White, Director of GatorWell Dr. Monica Webb, Executive Director of UF Counseling and Wellness Center Dr. Ernesto Escoto, Interim Director of UF Counseling and Wellness Center Dr. Rosa West, Director of Mental Health & Wellness Nicole Karcinski, Director of Psychiatry Department Mirka K Brigham.

[1] <https://www.govinfo.gov/content/pkg/BILLS-103sires179cps/pdf/BILLS-103sires179cps.pdf>

[2] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8832600/>

[3] <https://www.mayoclinic.org/diseases-conditions/depression/in-depth/male-depression/art-20046216#:~:text=Male%20depression%20symptoms&text=But%20these%20differences%20could%20be,of%20success%2C%20power%20and%20competition.>

[4] <https://www.mhanational.org/infographic-mental-health-men>

[5] <https://www.choosingtherapy.com/mens-mental-health/>

- [6] <https://www.priorygroup.com/blog/why-are-suicides-so-high-amongst-men>
- [7] <https://www.bestcolleges.com/research/college-student-mental-health-statistics/>
- [8] <https://www.nea.org/nea-today/all-news-articles/mental-health-crisis-among-faculty-and-college-staff#:~:text=Faculty%2C%20Staff%20%26%20Students%20Have%20Mental,students%20and%20faculty%20and%20staff.&text=Often%2C%20it%20falls%20to%20faculty,students%20with%20mental%2Dhealth%20needs.>
- [9] <https://www.ajc.com/education/suffering-in-silence-male-college-students-less-likely-to-seek-counseling/XK4SIKMMRZEOXBBOFHOW2V4ONA/#:~:text=%40ajc.com>
- [10] <https://police.ufl.edu/divisions/behavioral-services/co-responder-team/co-responder-model/#:~:text=All%20officers%20at%20UFPD%20are,displaying%20a%20behavioral%20health%20emergency.>
- [11] <https://umatter.ufl.edu/helping-students/mental-health/>

