

**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): Minority Party Leader Anamika Naidu, Deputy Minority Party Leader Naidu, Senator Hunter Monson, Heath Caucus Vice-Chair Finnley Gibbons, Senator Cameron Driggers, Transportation Caucus Chair Nathaniel Pelton, Senator Katherine Gonzalez, Senator Tue Tran, Senator Gregory Nobleza, Senator Sophia Kolcun, Senator Kayla Goldstein, Senator Fahim Islam, Senator Anna Huber, Senator Danielle Loftis, Senator Austin Britton, Senator Donal Bissainte, Senator Jordan Stokes, Senator Antonio Hendricks, Senator Ronan Hart, Senator Jaxen Ranson, Senator Michael Corral, Senator Phillip Bowers, Senator David Stevens, Senator Aditi Sarkar, Senator Maxim Thellab, Senator Isabella Berger, Senator Tyler Schoeberlein, Senator Jack Lobeck, Senator Alexander Dantoulis, Senator Mitchell McGruder, Senator Amanda Badalamenti, Senator Douglas Harrison, Senator Anthony Boulosa, Senator Kishan Nayak, Senator Thomas Magu, Senator Arshan Falasiri, Senator Alexander Wierichs, Senator Penny Garza, Senator Cassandra Urbenz, Senator Mia Filoramo, Member at Large Catherine Isakson, Senator Megan McGuire, Senator Brian McInnis, Senator Mack Woolever, Senator Nolan Carpenter, Senator Eric Davies, Senator Rafeh Khan, I&C Chairwoman Laurel Wentworth, Budget and Appropriations Chairman Damian Rodriguez**

**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-103sjres179cps/pdf/BILLS-103sjres179cps.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,student%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/XK4SIKMMRZEQXBBOFHOW2V4QNA/#:~: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/>



7/9/24

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Monish Vijayaraghavan  
Senate President

Date