

**STUDENT SENATE BILL 2024-1498**

**TITLE: Resolution for Mental Health Opt-In Email Services for Students and Faculty**

**AUTHOR(S): Senator Kishan Nayak**

**SPONSOR(S): Majority Party leader Julia Seifer**

**WHEREAS**, according to the American College Health Association study in 2022 around 77% of students dealt with either severe or moderate psychological distress [1]; and,

**WHEREAS**, the University of Florida is committed to support students in both their educational and personal wellness goals [2]; and,

**WHEREAS**, the University of California schools as managed by the UC Office of the President has implemented a mental health updates email subscription named Student Promising Practices [3]; and,

**WHEREAS**, the University of Miami's Counseling Center and Division of Student Affairs provides an email newsletter with mental health resources, upcoming mental health events, and wellness tips [4]; and,

**WHEREAS**, the University of North Carolina at Chapel Hill's Campus Health Services maintains an opt-in the Mental Health service through the Carolina Go app to where you receive push notifications to your phone with mental health strategies motivation [5]; and,

**WHEREAS**, the implementation of an opt-in email service at UF developed and distributed by the Counseling and Wellness Center would align with these best practices and further UF's commitment to supporting the mental health and well-being of its community; and,

**WHEREAS**, such a service would ensure that students and faculty are regularly informed about available mental health resources, workshops, support groups, and other related events, thus promoting a culture of mental wellness on campus; and,

**THEREFORE, LET IT BE RESOLVED THAT** the University of Florida Student Government supports the creation of an opt-in email service dedicated to providing regular updates on mental health resources and events available to students and faculty; and,

**THEREFORE, LET IT FURTHER BE RESOLVED THAT** the University of Florida Student Government will collaborate with the UF Counseling and Wellness Center and other

relevant departments to develop and implement this service, ensuring it is user-friendly and effectively promotes mental health resources and events; and,

**THEREFORE, LET IT FINALLY BE RESOLVED THAT** the University of Florida Student Government will actively promote this opt-in email service to encourage widespread participation among students and faculty, thereby enhancing the overall mental health and well-being of the UF community.

*Proviso: A copy of this resolution shall be sent to the Director of the Counseling and Wellness Center, Director of Mental Health & Wellness, and Director of GatorWell.*

[1] <https://counseling.ufl.edu/services/guide-to-services/>

[2] <https://collegetransitions.com/blog/college-students-mental-health-statistics/#:~:text=The%20American%20College%20Health%20Association,distress%2C%20either%20moderate%20or%20severe.>

[3] <https://www.ucop.edu/student-mental-health-resources/contact/newsletter.html>

[4] <https://newsletter.miami.edu/acad-stuaf/student-affairs/student-well-being/2021-2022/11-21.html>

[5] <https://studentwellness.unc.edu/news/mental-health-push-notifications/>



7/25/24

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Monish Vijayaraghavan  
Senate President

Date