

STUDENT SENATE BILL 2025-1022

TITLE: Resolution Advocating for an Increase in Resources Aimed at Male Mental Health at the University of Florida

AUTHOR(S): Senator Marco Salvador

SPONSORS: Senator Rafeh Khan

WHEREAS, mental health is a fundamental aspect of overall well-being, and individuals from all demographics deserve unprejudiced access to comprehensive, supportive resources to maintain their mental health; and,

WHEREAS, according to the National Institutes of Health, mental health disorders affect 25% of college students, with male students being at particular risk for underreporting symptoms, delaying treatment, or engaging in harmful coping behaviors such as substance abuse or aggression due to societal expectations and stigma surrounding mental health among men [1]; and,

WHEREAS, the Association of American Medical Colleges reports that male students are less likely than female students to seek professional help for mental health concerns, with approximately 60% of men reporting that they feel unable to talk about their struggles, resulting in higher rates of suicide, anxiety, and depression among young men, particularly those in academic settings [2]; and,

WHEREAS, the University of Florida strives to be an institution that fosters a supportive and inclusive environment for all students, ensuring that every individual has access to the necessary resources to thrive academically, socially, and emotionally; and,

WHEREAS, it is necessary to break the stigma surrounding mental health issues in men by providing a more comprehensive, accessible, and visible network of support services that address the unique challenges men face with their mental well-being; and,

WHEREAS, various national studies, including those from the AAMC, highlight the effectiveness of campus-based programs tailored specifically for male students, which can provide preventive education, mental health screenings, counseling services, and peer support groups aimed at fostering a positive and open dialogue around mental health through the CWC [1][2][3]; then,

THEREFORE, LET IT BE RESOLVED that the University of Florida Student Senate recognizes that the University of Florida maintains the commitment to invest in mental health resources dedicated to enhancing outreach from the male student population.

THEREFORE, LET IT FURTHER BE RESOLVED that the University of

Florida Student Senate will work with the Counseling and Wellness Center (CWC) to find an apropos response to a lapse in advocacy for male mental health struggles.

THEREFORE, LET IT FINALLY BE RESOLVED that the University of Florida Student Senate will support any vetted initiative, that aligns with university policy, that will directly aim to bring awareness to male mental health on campus.

Proviso: A copy of this resolution shall be sent to the Associate Vice President of Health and Wellbeing Dr. Ernesto Escoto.

[1] <https://pmc.ncbi.nlm.nih.gov/articles/PMC10262626/#:~:text=While%20mental%20health%20difficulties%20are,and%20effective%20approaches%20are%20unexplored.>

[2] <https://www.aamc.org/news/men-and-mental-health-what-are-we-missing>

[3] <https://counseling.ufl.edu>