



# UNIVERSITY OF GEORGIA

## *Student Government Association*

### Resolution 31-04

#### **A Resolution to Add a Mental Health Statement to Syllabi**

Authored by: Senator Allison Fine, Access and Opportunity; Senator Patrick Femia, Franklin College of Arts & Sciences

Sponsored by: Senator Jessica Douglas; Access and Opportunity, Senator Briana Hayes; College of Public Health, Senator Max Sumner; Franklin College of Arts and Sciences

WHEREAS, mental wellness has become more important than ever before, particularly at universities across the country where students have to cope with stress and anxiety; and,

WHEREAS, 53% of students at the University of Georgia have reported feeling overwhelmed with anxiety;<sup>1</sup> and,

WHEREAS, 49% of students at the University of Georgia have reported feeling hopeless in the previous year;<sup>2</sup> and,

WHEREAS, the University of Georgia currently has over 36,000 undergraduate and graduate students, and as of 2015, only a mere 2,393 students have received treatment or face-to-face assessment with Counseling and Psychiatric Services, resulting in approximately 6.5% of students seeking treatment or assessments in regards to mental wellness;<sup>1</sup> and,

WHEREAS, the University of Georgia prides itself in having on-campus resources for students to seek attention and affirmation for their mental health concerns; and,

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<sup>1</sup> Middlebrooks, Marlee. "Student Depression and Anxiety, Demand for Counseling Services Rises." *The Red and Black*, 10 Dec. 2015

<sup>2</sup> Simon, Mollie. "CAPS Struggles to Balance Limited Resources with Student Demand for Mental Health Counseling." *The Red and Black*, 17 Dec. 2014

WHEREAS, the University Health Center offers such services through Counseling and Psychiatric Services, which serves as an invaluable resource for students throughout their time at the University of Georgia; and,

WHEREAS, the Student Advisory Health Committee, which serves as an advisory body to Counseling and Psychiatric Services, has been willing to work with the Student Government Association in years past to find new and innovative ways to educate students on-campus and off-campus about resources available to them; and,

WHEREAS, when asked to draft a statement to include on syllabi campus-wide, Counseling and Psychiatric Services, with consultation from the Student Advisory Health Committee, drafted a statement focusing on “student success” and “faculty support.”

NOW, THEREFORE BE IT RESOLVED, the 31<sup>st</sup> administration of the Student Government Association, on behalf of the student body, encourages the University Council to implore professors to include a statement regarding mental wellness resources available on-campus; and,

THEREFORE, BE IT FURTHER RESOLVED, the statement to be included on syllabi, as drafted by Counseling and Psychiatric Services, shall be as follows:

**University Health Center** serves as a safe space and central resource for the UGA campus community regarding physical, mental health & wellness. Below are several ways to access mental health resources:

- **Free** workshops/classes/coaching led by licensed clinicians or health educators to provide students with tools to manage stress, anxiety, relationships, social etc. Visit [BeWellUGA](#) for a list of offerings available.
- Student leaders, UGA Faculty or Staff may schedule for their group, a wellness program or training with a health educator or licensed clinician through the UHC [program request](#).
- UGA has several resources for a student seeking [mental health services](#) and/or [crisis support](#) .

Or, *UGA Mobile App*, emergency care or wellness resources

THEREFORE, BE IT FINALLY RESOLVED, upon passage of this legislation, the Educational Affairs Committee for the University of Council shall consider the above addition to campus syllabi, as stated above, and, if passed, work with the Executive Committee of the University Council to oversee its campus-wide adoption.