

The Student Senate

Texas A&M University

S.R. 73-06

Texas A&M University
The Student Senate
73rd Session


Mental Health Awareness Month Resolution

"A resolution to recognize May as Mental Health Awareness Month"

Action Taken:

PASSED

Certified By:


Zachary McCue
Speaker of the Senate

Date Passed: June 10th, 2020

Introduced By: Iman Ahmed, Diversity & Inclusion Chair, Off-Campus Caucus
Aariana Myles, Off-Campus Caucus
Mariana Montes, Liberal Arts Caucus
David Garcia, Off-Campus Caucus
Brendan Ramirez, College of Education and Human Development

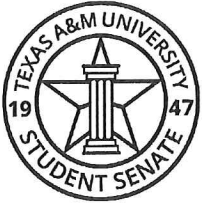
Sponsored By: Collin Tran, Health Science Center Caucus
Dang Dang, Off-Campus Caucus
Michael Garcia, Off-Campus Caucus

Whereas(1): Since 1949¹, May has been observed as Mental Health Awareness Month in the United States. This initiative has been led by Mental Health America and its associates to creating awareness and reducing the stigma around mental health; and,

Whereas(2): Stigmas not only impact a person's willingness to ask for help, but can also worsen an individual's existing condition. While it is estimated that a 25% of Americans will face a mental illness in a given year, experts claim that stigma around asking for help prevents an accurate count, making the real estimate closer to 33%²; and,

¹ <https://www.mhanational.org/mental-health-month>

² <https://www.healthypplace.com/stigma/stand-up-for-mental-health/mental-health-statistics-and-facts>



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- Whereas(3):** According to the CDC³ Texas has seen a steady increase of suicide rates since 2012 and currently exceeds the national average for suicide among people of ages 15-24. Texas also exceeds the national average for suicide among black and hispanic communities; and,
- Whereas(4):** According to the American College Health Assessment⁴, 24.4% and 12.3% of TAMU Students reported that anxiety and depression affects their academic performance, respectively; and,
- Whereas(5):** Texas A&M University's Student Counseling Services was established in 1982 when it joined with the former Academic Counseling Center to create a unit that would address academic, career and personal counseling. But as of July 2019, it has been renamed⁵ as Counseling & Psychological Services (CAPS) to accurately reflect all the services they offer; and,
- Whereas(6):** In Fall 2009, Texas A&M University's Disability Resources⁶ served 216 students with mental health diagnoses. This number has consistently risen since then, with 1,022 students being served as of Fall 2019; and,
- Whereas(7):** Dr. Farzan Sasangohar⁷, an assistant professor in the Department of Industrial and Systems Engineering, is currently leading a research team in the development of a wearable software program to help manage a person's mental health and overcome the stigma associated with mental health treatment. The pilot program is called "Mental Health Evaluation and Lookout" or "mHELP"; and,
- Whereas(9):** Due to the COVID-19 pandemic, CAPS has adjusted to physical distancing guidelines by having phone consultations and have provided students with many resources⁸ regarding how to cope with mental health during this time. With that, this year's theme for Mental Health Awareness Month is #Tools2Thrive¹, chosen in response to "an unprecedented anxiety" centered around the COVID-19 global pandemic; and,

³ <https://www.americashealthrankings.org/explore/annual/measure/Suicide/state/TX>

⁴ <https://studentlife.tamu.edu/hp/topics/mental-health/>

⁵ <https://today.tamu.edu/2019/07/09/student-counseling-service-name-change-reflects-broad-array-of-services/>

⁶ <https://disability.tamu.edu/statistics/#DiagnosesByCat>

⁷ <https://engineering.tamu.edu/news/2020/02/new-wearable-tool-helps-manage-mental-health.html>

⁸ <https://caps.tamu.edu/mental-health-coping-during-covid-19/>



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Therefore

Let it be

Resolved(1): The 73rd Session of Student Senate recognizes May as Mental Health Awareness Month; and,

Let it be

Further

Resolved(2): The 73rd Session of Student Senate recognizes the importance for Aggies to stay safe during these difficult times and looks forward to continuing engagement with student leaders, University officials, faculty, and staff in order to promote mental health initiatives on campus; and,

Let it be

Further

Resolved(3): The 73rd Session of Student Senate extends its support to all Aggies facing mental health struggles and urges Aggies to end the stigma surrounding mental health; and,

Let it be

Further

Resolved(4): The 73rd Session of Student Senate encourages all Aggies who struggle with mental health to utilize university resources such as Counseling & Psychological Services (caps.tamu.edu) and Disability Resources (disability.tamu.edu) to access services and accommodations. Other sources include reaching out to HelpLine at 979-845-2700 for after-hours mental health services and the use of the Sanvello mobile application; and,

Let it be

Further

Resolved(5): A copy of this resolution be sent to:

Dr. Daniel J. Pugh Sr., Vice President of Student Affairs

Dr. Mary Ann Covey, Counselling & Psychological Services Director

Kristie Orr, Disability Resources Director

HelpLine

The Battalion



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Further Sponsored By: Hannah Spurr, Speaker Pro Tempore, Off-Campus Caucus

Sam Jefferis, Academic Affairs Chair, Engineering Caucus

Cole Allen, Mays Caucus

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Meghan Hein, Rules & Regulations Chair, C.O.A.L.S Caucus

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