



## 75<sup>th</sup> STUDENT SENATE Senate Resolution

Resolution #: 47

**Primary Sponsor(s):** Randall, Staveski

**Co-Sponsor(s):** Mendez

**Date:** May 24, 2023

**Whereas:** Since 1949 the month of May has been recognized as Mental Health Awareness Month in the United States, commonly referred to as Mental Health Month; and

**Whereas:** The Mental Health Association established such a month to raise awareness and educate the public about mental illnesses and destigmatize the issue; and

**Whereas:** According to the American Psychological Association, during the 2020-2021 school year, “more than 60% of college students met the criteria for at least one mental health problem,” which can include anxiety, depression, and stress; and

**Whereas:** College students are exposed to many new, stressful environments and are therefore inevitably at higher risk to develop mental health issues. Thus, this increases the necessity of the accessibility of resources on campus for mental health in order to promote student wellness and advancement; and

**Whereas:** The Office of the Mental Health Council was established at Florida State University “with the mission to empower students with mental health resources through de-stigmatization, community involvement, and advocacy;” and

**Whereas:** The Mental Health Council executive board was built from the ground up this past semester by Ashley Boudreaux. Subsequently, the council succeeded in hosting an all-day event on Landis Green, “Recharge with MHC,” with over 500 attendees; and

**Whereas:** The Counseling Center on Florida State’s campus provides free therapy and other educational resources for all students on campus as well as outreach to assist students in finding help off-campus; and

**Whereas:** The Mental Health Council and Counseling Center work in tandem to develop programming surrounding the education and de-stigmatization of mental health; therefore

**Be it resolved by the Seventy-fifth Student Senate at Florida State University that:** The Florida State University Student Senate and Student Body annually recognizes and honors the nationwide Mental Health Awareness Month in May; and

**Be it further resolved that:** This body reaffirms its commitment to the promotion and advocacy of mental health resources on and off-campus; and

**Be it further resolved that:** This body applauds the work of the Office of the Mental Health Council and their executive board's tireless commitment and passion for their mission; and

**Be it further resolved that:** This body supports the future endeavors of the Mental Health Council and urges the student body to attend their programming and utilize the various mental health resources on campus; and

**Be it further resolved that:** This body applauds former Senator Maglin's work on Resolution #26 of the Seventy-fifth Student Senate and reaffirms our support for the resolution urging university administration to consider enacting a university-wide "Mental Health" day during the spring semester in accordance with the academic calendar of Florida Agricultural and Mechanical University; and

**Be it further resolved that:** A copy of this resolution be sent to:  
Dr. Felicia Williams, Director of Student Governance and Advocacy  
Dr. Amy Hecht, Vice President for Student Affairs  
Dr. Carlos J. Gomez, Director of Counseling and Psychological Services  
Jack Hitchcock, Student Body President  
Nina Chong, Student Body Vice President  
Adam Bowling, Student Body Treasurer  
Ashley Boudreaux, Executive Director of the Mental Health Council  
Elijah Hooks, Student Senator at Florida Agricultural and Mechanical University