A RESOLUTION TO SUPPORT STUDENT MENTAL HEALTH AND WELLBEING SYLLABUS LANGUAGE

WHEREAS, A 2011 study by the American College Health Association cited depression and anxiety as two of the “top impediments to academic performance”¹; AND

WHEREAS, 64% of students who have left college have done so because of a mental health-related reason²; AND

WHEREAS, 24% of University of Michigan students have thought about suicide before, and 42.1% said they have felt “so depressed that it was difficult to function at least once during the school year”³; AND

WHEREAS, Clients heard most about Counseling and Psychological Services’ (CAPS) services, according to its 2014-2015 Annual Report, through their friends (~38%), followed by the website (~24%) and through academic advisors (~17%)⁴; AND

WHEREAS, The Mental Health and Student Wellbeing syllabus language will seek to raise awareness of counseling services at Michigan; AND

WHEREAS, It can be assumed that more students in need of help on campus will utilize the appropriate resources if they know where and how to find them; AND

WHEREAS, Institutions such as Columbia University and the University of Minnesota have included similar language on their syllabi; AND

WHEREAS, This Mental Health and Wellbeing syllabus project has the support of Dr. Robert Winfield, Chief Health Officer and Director, University Health Service (UHS), and Dr. Todd Sevig, Director, Counseling and Psychological Services (CAPS) and Chair, UM Mental Health Work Group, among other student leaders and professionals working on advancing student mental well-being; THEREFORE BE IT

¹ http://www2.nami.org/Content/NavigationMenu/Find_Support/NAMI_on_Campus1/Learn_About_The_Issue/Learn_About_The_Issue.htm
² http://www2.nami.org/Content/NavigationMenu/Find_Support/NAMI_on_Campus1/Learn_About_The_Issue/Learn_About_The_Issue.htm
³ https://mitalk.umich.edu/suicide
RESOLVED, That Central Student Government officially supports the initiative to include either of the following language on course syllabi:

“Student Mental Health and Wellbeing

The University of Michigan is committed to advancing the mental health and wellbeing of its students, while acknowledging that a variety of issues, such as strained relationships, increased anxiety, alcohol/drug problems, and depression, directly impacts students’ academic performance.

If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help, contact Counseling and Psychological Services (CAPS) at (734) 764-8312 and https://caps.umich.edu/ during and after hours, on weekends and holidays or through its counselors physically located in schools on both North and Central Campus. You may also consult University Health Service (UHS) at (734) 764-8320 and https://www.uhs.umich.edu/mentalhealthsvcs, or for alcohol or drug concerns, see www.uhs.umich.edu/aodresources.

For a more comprehensive listing of the broad range of mental health services available on campus, please visit: http://umich.edu/~mhealth/”, or

“Student Mental Health and Wellbeing

The University of Michigan is committed to advancing the mental health and wellbeing of its students. If you or someone you know is feeling overwhelmed, depressed, and/or in need of support, services are available. For help, contact Counseling and Psychological Services (CAPS) at (734) 764-8312 and https://caps.umich.edu/ during and after hours, on weekends and holidays, or through its counselors physically located in schools on both North and Central Campus. You may also consult University Health Service (UHS) at (734) 764-8320 and https://www.uhs.umich.edu/mentalhealthsvcs, or for alcohol or drug concerns, see www.uhs.umich.edu/aodresources.

For a listing of other mental health resources available on and off campus, visit: http://umich.edu/~mealth/”; AND BE IT FURTHER
RESOLVED, That Central Student Government will continue to actively promote the wellbeing of all students by calling on faculty and administration to adopt this language; AND BE IT FINALLY RESOLVED, That this resolution and the syllabus language included therein be sent to relevant media outlets, such as The Michigan Daily, faculty, student organizations and university administration.

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Yes: _____  No: _____  Abs: _____  Date: _______________________

Signature Necessary: _____  Signature Received By ___________________: _____