Resolution In Support of Expanding Mental Health Services

WHEREAS, One in four adults experiences a diagnosable mental health disorder each year; and

WHEREAS, twenty-seven percent of young adults (18-24) experience mental health conditions, of which anxiety disorders and depression are the two most common disorders; and

WHEREAS, The University of California serves primarily persons between the ages of 18 and 24; and

WHEREAS, University students should have access to the same quality, if not better, of care, both physical and psychological, that they can access elsewhere; and

WHEREAS, Currently the University of California campuses have limited and ranging amounts of service for mental health; and

WHEREAS, With psychological treatment most mental illnesses can be controlled, like depression, which is very treatable: more than 80% get better with treatment; and

WHEREAS, Issues of mental health cause unnecessary deaths each year—one of the most recent being that of Maliq Nixon, a Berkeley student, who because of the lack of psychiatric help was unable to maintain his treatment for his mental disorder and ended his life in late 2013; and

WHEREAS, The University of California Student Association have a duty to their constituents to represent and advocate on their behalf; and

WHEREAS, Action must be taken now to ensure that no more unnecessary deaths occur; and

THEREFORE BE IT RESOLVED, UCSA officially endorses more funding and availability of Mental health services on campuses; and

FURTHERMORE BE IT RESOLVED, The UCSA board members will advocate to their deans in meetings to mandate that mental health services
information be placed on all syllabuses so as to provide more accessibility to student; and

FINALLY BE IT RESOLVED, UCSA leadership will meet with the appropriate administration before then to discuss the addition of another psychologist/psychiatrist for the mental health center and the increase of allotted visits to at least 8 a quarter (12 a semester) so as to better support our students