



Resolution In Support of Expanding Mental Health Services

WHEREAS, One in four adults experiences a diagnosable mental health disorder each year¹; 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 disorders²; 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 treatment³; 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

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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

- 1: National Institute of Mental Health, "Statistics." Retrieved 23 January 2014 from <http://www.nimh.nih.gov/healthinformation/statisticsmenu.cmf>
- 2: Active Minds. "Some Facts about Mental illness," Retrieved 23 January 2014 from www.activemindsoncampus.org/resources/facts.php
- 3: Kessler RC, Chin WT, Demler O, Walters EE, Prevalence, Severity and comorbidity of twelve months DSM IV disorders in the national comorbidity survey replication (NCS-R). Archives of General Psychiatry, 2005 June, 62(6): 617-627.
- 4: National Institute of Mental Health, D/ART Campaign, "Depression: What every Women Should Know," (1995) pub no. 95-3871

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