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UCSA Announces Plan for #HowAreYou: A Call to Reform Student Mental Health Services
Aims to Address Accessibility and Diversity

DAVIS, CA – The **UC Student Association** met this month at UC Davis to discuss a widespread directive by students to address UC mental health services. The Board of Directors identified a strategic plan for advocacy and direct action to leverage student power toward this goal. This follows a vote last month to endorse the #LetsTalk campaign with the same directive. UCSA will move forward calling this campaign #HowAreYou.

"#HowAreYou is a conversation starter. We want to discuss holistic mental health services that are tragically needed by students," said **Kevin Sabo, UCSA President**. "We hear Regents focus on keeping costs low while needing to enroll more students to balance the budget. But the students on campus now are struggling just to survive. How can they add more people to this equation without allocating funds and energy to addressing the dismal state of UC mental health?"

Students brought their experiences to the conversation to inform their campaign goals. On many campuses, students wait several weeks for appointments with counselors. They are often referred to phone counseling and have a maximum number of in-person visits they are allowed to have during an academic term. They see little action taken by UC administration to address the underlying causes of mental health: the lack of affordable housing, food insecurity, and a campus climate that is hostile to students of color.

"There must be enough services so students are not left without access to care. We must also increase the quality of care by hiring counselors with diverse backgrounds and expertise. Students of color and LGBTQ students deserve someone who relates to their unique experience," explained **Mohsin Mirza, External Vice President of Statewide Affairs at UC Santa Barbara**, who currently chairs the UCSA Undergraduate Committee.

#HowAreYou will join UConsent (concerning campus sexual assault) as UCSA's second official undergraduate campaign, as well as an advocacy agenda set forth by the UCSA Graduate and Professional Student Committee to address a broad set of concerns, such as affordable housing, advisor relationships, and a guaranteed time to be awarded their degrees.

UCSA is the official voice of over 240,000 undergraduate, graduate, and professional students from all ten UC campuses. It is our mission to advocate on behalf of current and future students for the accessibility, affordability, and quality of the UC system.

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