



Cornell University Student Assembly

Originally Presented On	9/3/15
Type of Action	Recommendation
Status/Result	New Business

S.A. Resolution #6 Mental Health Week Recognition

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4 ABSTRACT: This resolution expresses the Student Assembly's support for Mental Health
5 Week, and encourages students to reach out for help when necessary.

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7 **Sponsored by:** Maria Chak '18

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9 **Whereas**, mental health is central to the academic mission of the University;

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11 **Whereas**, 1100 college students die each year by suicide, the third leading cause of death in youth
12 ages 10-24 (Active Minds);

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14 **Whereas**, stress has an effect on one's physical, emotional, and cognitive functioning and when
15 stress builds it can negatively affect mental health and physical functioning and may create
16 anxiety, depression, or suicidal thinking;

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18 **Whereas**, 40% of students were unable to function academically for at least one week due to
19 depression, stress or anxiety, during the last year [2010] (2011 PULSE Survey);

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21 **Whereas**, 27% of students are dissatisfied with the sense of community on campus (2015 PULSE
22 Survey);

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24 **Whereas**, a majority of college students report a lack of awareness and education concerning
25 mental health issues (NAMI);

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27 **Whereas**, Cornell offers many resources and services to improve mental health conditions on
28 campus, such as CAPS, "Let's Talk," Caring Community, EARS, Minds Matter, Cornell
29 United Religious Work, Resource Centers, Advising, and more;

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31 **Whereas**, the Student Assembly Health & Wellness Committee is organizing Mental Health Week,
32 in collaboration with Panhellenic Council, Interfraternity Council, Multicultural Greek
33 Letter Council, Cornell Minds Matter, Class Council, Student Athlete Advisory Committee,
34 ALANA, Haven, International Students Union;

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36 **Be it therefore resolved**, that the Student Assembly recognizes the week of October 16, 2015
37 through October 23, 2015 as Mental Health Week;

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39 **Be it further resolved**, that the Student Assembly encourages students to familiarize themselves
40 with, and utilize, the mental health resources available;

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42 **Be it further resolved**, that the Student Assembly remembers all people who have lost their lives
43 to mental illness and suicide;

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45 **Be it finally resolved**, that this resolution be forwarded to President Garrett, Vice President
46 Lombardi, and the Deans of the College of Agriculture and Life Sciences, College of

47 Architecture, Art, and Planning, College of Arts and Sciences, College of Engineering, School
48 of Hotel Administration, College of Human Ecology, and School of Industrial and Labor
49 Relations.
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52 **Respectfully Submitted,**

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54 **Maria Chak '18**

55 *VP Outreach, Student Assembly*
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58 **Matt Indimine '18**

59 *Co-Chair, S.A. Health and Wellness Committee*
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62 **Carolina Bieri '16**

63 *Co-Chair, S.A. Health and Wellness Committee*
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66 **Kendall Grant '16**

67 *President, Panhellenic Council*
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70 **Connor Riser '16**

71 *President, Interfraternity Council*
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74 **Andrea Kim '16**

75 *President, Multicultural Greek Letter Council*
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78 **Laci Taylor '16**

79 *President, ALANA*
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82 **Angelica Gangemi '16**

83 *President, Student Athlete Advisory Committee*
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86 **Eleanor Reppy '16**

87 *President, Haven: The LGBTQ Student Union*
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90 **Matthew Ferguson '16**

91 *President, Cornell Minds Matter*
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94 **Alyannah Kassam '17**

95 *President, Class of 2017*
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98 **Cassandra Poudrier '16**

99 *President, Athlete Ally*
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102 **Angelica Cullo '16**

103 *Large Events Coordinator, Cornell Minds Matter*
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106 *(Reviewed by: Executive Committee, 8/30/15, 5-0-0)*