F2019 - R7 Mental Health Resources in Syllabi

WHEREAS, Universities across the United States are facing a mental health crisis due to the growing influence of social media, societal pressure, and growing amounts of stress on college students and the University of North Texas is no exception,

WHEREAS, the Association for University Counseling Center Director Survey outlines the consistent growth of mental illnesses between 2013 and presently among students that include, but are not limited to:

- Depression (39.3% - 2013) to (48% - 2018)
- Anxiety (46.2% - 2013) to (58.9% - 2018)
- Suicide (17.9% - 2013) to (28.4% - 2018)
- Eating Disorders (7.4% - 2013) to (12.5% - 2018)

WHEREAS, as of November 8th, 2019, the University of North Texas has the following mental health resources on campus, that include but are not limited to:

1. Student Health and Wellness Center https://studentaffairs.unt.edu/student-health-and-wellness-center#programs
2. Counseling and Testing Services https://studentaffairs.unt.edu/counseling-and-testing-services
3. UNT CARE Team https://studentaffairs.unt.edu/care
5. Individual Counseling https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling

LET IT BE RESOLVED, that the SGA Senate recommends that the following statement be included in every syllabus distributed by UNT faculty to ensure that every student not only has access to Mental Health resources but are affirmed in their validity and encouraged to reach out.

LET IT BE FURTHER RESOLVED, that the syllabus include the following, but can be expanded upon at the professor's discretion:
UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:

1. **Student Health and Wellness Center**
   1800 Chestnut St., Denton, TX 76201
   (940)-565-2333
   M-Th: 8:00am-5:00pm
   https://studentaffairs.unt.edu/student-health-and-wellness-center#programs

2. **Counseling and Testing Services***
   801 N. Texas Blvd, Denton, Tx 76210
   Suite 140
   (940)-565-2741
   M-F: 8:00am-5:00pm
   https://studentaffairs.unt.edu/counseling-and-testing-services

3. **UNT CARE Team***
   (940) 565-2648
careteam@unt.edu
https://studentaffairs.unt.edu/care

4. **Psychiatric Services**
   (940) 565-2333
   https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry

5. **Individual Counseling***
   (940) 369-8773
   https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling

*Services are free of charge to University Students
If at any time you are feeling alone or in jeopardy of self-harm, reach out to the following:

- NATL Suicide Hotline: 800-273-8255
- Denton County MHMR Crisis Line: 800-762-0157
- Denton County Friends of the Family Crisis Line: (940)-382-7273
- UNT Mental Health Emergency Contacts:
  - During Office Hours (M-F 8am-5pm): (940)-565-2741
  - After Hour Calls: (940)-565-2741
  - Crisis Text Line: Text CONNECT to 741741
  - Live Chat: http://www.suicidepreventionlifeline.org
LET IT BE FURTHER RESOLVED, that a copy of this resolution be sent to all of the Deans of each college as listed below:

-Marilyn Wiley - College of Business
-Randy Bomer - College of Education
-Hanchen Huang - College of Engineering
-Neale Chumbler - College of Health and Public Service
-Kinshuk - College of Information
-Tamara L. Brown - College of Liberal Arts and Social Sciences
-Jana Hawley - College of Merchandising, Hospitality & Tourism
-John Richmond - College of Music
-Su Gao - College of Science
-Greg Watts - College of Visual Arts and Design
-Glénisson de Oliveira - Honors College, Texas Academy of Mathematics and Science
-Wesley Randall - New College at Frisco
-Andrea Miller - Mayborn School of Journalism
-Victor Prybutok- Toulouse Graduate School
-Pia Wood - UNT International

LET IT BE FURTHER RESOLVED, that SGA Senate recommends each Dean to distribute this resolution to the head of each of their departments within their college before the start of the Spring 2020 semester.

LET IT BE FURTHER RESOLVED, that a copy of this resolution be sent to the following as well: the UNT President, the Dean of Students, the Vice President of Student Affairs, the GSC, the Chestnut Hall Counseling Center, the UNT Care Team,

Respectfully Submitted,

Senator Angie Whistler  
Honors College

Senator Michael Lueke  
College of Liberal Arts and Social Science

Andrew Slimp  
SGA Intern

Diane Idiabolo  
SGA Intern

Jermaine Turner  
SGA Intern

Senator Jessica Olvera  
G. Brinn Ryan College of Business

Senator Devon Skinner  
College of Liberal Arts and Social Sciences

Senator Peter Su  
College of Education
Senator Jazmin Gamez  
College of Liberal Arts and Social Sciences

Senator Keaton Hare  
College of Health and Public Service

Senator Jennifer Moyers  
College of Health and Public Service

Senator Kevin Herrera  
College of Liberal Arts and Social Sciences

Senator Asian Youngh-Bailey  
College of Visual Arts and Design

Senator Nick Kann  
College of Liberal Arts and Social Sciences

Senator Nardos Kiros  
College of Science

Senator Marisela Zubia  
College of Liberal Arts and Social Sciences

Senator Reese Jacobs Neal  
Texas Academy of Mathematics and Science

Senator Chris Howard  
College of Science

Senator Isaiah Littlejohn  
G. Brint Ryan College of Business

Senator Joshua Crosby  
G. Brint Ryan College of Business

Senator Victory Nwabufo  
College of Education

Senator Daniel Ojo  
College of Liberal Arts and Social Sciences

Senator Ryene Sanders  
College of Visual Arts and Design

Senator Detavious Hill  
College of Liberal Arts and Social Sciences

Senator Loke Lovett  
College of Music

Shristi Khadka  
Intern

Omodamala Odumosu  
Intern

Paola Rojas  
Intern

Matthew Jimenez  
Intern

Yasmin Behram  
Intern

Bella Armento  
Intern

Jana Sabri  
Intern

Diane Idiabolo  
Intern

Theron Robinson  
Intern
Nick Alexander  
*Intern*

Ofelia Rivera  
*Intern*

Haily Meza  
*Intern*

Logan Regan  
*Intern*

Jordan Gus  
*Intern*

Sarah Plaxco  
*Intern*

Fatim Karamoko  
*Raupe Travel Grant Director*

John Anderson  
*Intern*

Yolian Ogbru  
*President*

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In Witness thereof, I hereby certify the Student Senate of the University of North Texas Student Government Association has approved this document and is referred to the office of the President.

Speaker of the Senate

Presidential Action:

☐ Vetoed
☐ Approved

President of the Student Government Association

Vice President of Student Affairs

11/20/19

Date

11/20/19

Date

12/4/19

Date