

A RESOLUTION OF THE STUDENT GOVERNMENT ASSOCIATION OF NORTHERN KENTUCKY UNIVERSITY, HIGHLAND HEIGHTS, KENTUCKY, ASKS THAT NORTHERN KENTUCKY UNIVERSITY RECOGNIZES THE FIRST FULL WEEK OF OCTOBER AS MENTAL HEALTH AWARENESS WEEK

WHEREAS: The World Health Organization recognizes October 10 as World Mental Health Day, and the US Congress established the first full week of October as Mental Illness Awareness Week, and

WHEREAS: According to American Psychological Association, 1 in 5 American adults experience mental illness, and

WHEREAS: Lisa Barresi, interim director of the Health Counseling and Student Wellness Center at NKU, stated that the number of counseling contacts have risen over the years, and

WHEREAS: There have been instances on campus this year that have deeply affected the campus community and that have led to conversations being started on how we can better support those that need help, and

WHEREAS: According to World Psychiatry Association, mental illness is a near invisible issue and misconceptions about mental illness could aggravate the symptoms and severity of it, and

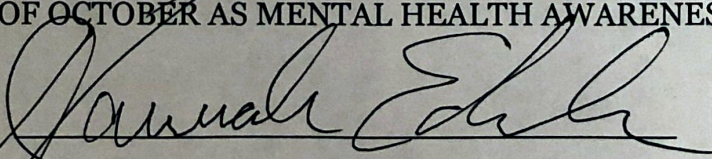
WHEREAS: An increase in trainings and events similar to the outreach presentations and workshops that the Health Counseling and Student Wellness Center already offers surrounding mental illness could highlight the importance of mental health and increase the overall awareness for it, and

WHEREAS: The Health Counseling and Student Wellness Center offers trainings to students and faculty to learn about mental health issues facing college students proactively and upon request. More trainings could be used to better address the stigma surrounding mental health, and

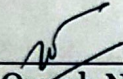
WHEREAS: Students have shown to be in favor of more support for having an open dialogue about mental health awareness and what they can do to be better informed on this subject.

BE IT THEREFORE RESOLVED, ON THIS FIFTEENTH DAY OF APRIL 2019 THE STUDENT GOVERNMENT ASSOCIATION OF NORTHERN KENTUCKY UNIVERSITY ASKS THAT NORTHERN KENTUCKY UNIVERSITY RECOGNIZES THE FIRST FULL WEEK OF OCTOBER AS MENTAL HEALTH AWARENESS WEEK.

Signed:



Hannah Maria Edelen, President

Attest: 

Quynh Nguyen, Senator



**STUDENT GOVERNMENT
ASSOCIATION**