

ASLMU Senate

Resolution SR 21-07

Increasing Awareness Around Mental Health Resources Resolution

Authored by Speaker of the Senate Bailey Woinarowicz and Vice President of Student Wellness Hannah Stewart

I. WHEREAS a study from Active Minds found that thirty-nine percent of college students experienced a significant mental health issue in their Fall 2020 survey, and one in five adults in the United States have a diagnosable mental illness¹,

II. WHEREAS the American Psychological Association found from the Association for University and College Counseling Center Directors survey that ninety-five percent of college counseling center directors concluded that the number of students with significant psychological problems is a growing concern in their center or on campus²,

III. WHEREAS the Jesuit ideal *cura personalis*, the care of the whole person, is one of the Jesuit values of education with the emphasis of integrating mind, body, and spirit, and is one of the Jesuit ideals that Loyola Marymount University was founded upon,

IV. WHEREAS Student Psychological Services (SPS) is a resource where students can receive individual and group therapy, walk-in consultations, and participate in wellness discussions to promote the overall wellbeing of the student body, and is seeing an influx of students wishing to receive psychological care due to the pandemic and other factors³,

V. WHEREAS LMU Community of Care is an additional resource that helps students navigate challenges that could hinder academic, athletic, extracurricular, and interpersonal success through pairing students with a case worker and working on prevention, assessment, intervention⁴,

VI. WHEREAS LMU CARES “provides education to the campus community about resources, support and policies at the university regarding sexual and interpersonal misconduct and prevention, which includes Title IX.”⁵,

VII. WHEREAS all these on campus resources have been impacted by COVID-19 and have seen a historical influx of students seeking resources,

¹ <https://www.activeminds.org/about-mental-health/statistics/>

² <https://www.apa.org/monitor/2013/06/college-students>

³ <https://studentaffairs.lmu.edu/wellness/studentpsychologicalservices/>

⁴ <https://studentaffairs.lmu.edu/wellness/coc/>

⁵ <https://studentaffairs.lmu.edu/wellness/lmucares/>

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VIII. *WHEREAS* ninety-four percent of incoming first year LMU students reported that they considered seeking help from a mental health professional through the TFS Survey conducted by LMU in August of 2021,

IX. *THEREFORE BE IT RESOLVED* that the Associated Students of Loyola Marymount University call on the University to uphold and expand these resources for future students to utilize,

X. *THEREFORE BE IT RESOLVED* that ASLMU will continue to advertise these resources through social media, the official ASLMU website, and ensure that students are aware of these resources,


XI. *THEREFORE BE IT RESOLVED* that ASLMU encourages Student Psychological Services to email students who are on the individual therapy waitlist additional resources that are accessible to them on campus in the meantime for utilization.



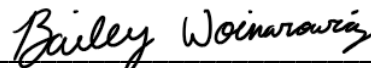
Brion Dennis
ASLMU President



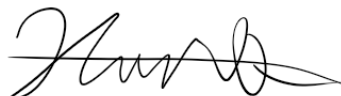
Camille Orozco
ASLMU Executive Vice President



Kyle Saavedra
Attorney General



Bailey Woinarowicz
Speaker of the Senate



Hannah Stewart
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