

Grace Franco, *Walsh Hall*
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Grace Dean, *Director of Health & Well-being*

**A RESOLUTION TO EMPHASIZE MENTAL HEALTH DURING COVID-19 AND
CALL FOR EXPANDED UNIVERSITY SERVICES**

Whereas, the Student Government and Student Senate recognize the importance of emotional well-being in our campus community;

Whereas, a recent McDonald Center for Student Well-being survey showed that 82% of students are somewhat concerned or more for their emotional well-being during the fall 2020 semester;

Whereas, the same survey indicated that 37% of students are very or extremely concerned about their emotional well-being this fall;

Whereas, the COVID-19 pandemic can exacerbate negative experiences with mental health, such as feelings of loneliness, isolation, anxiety and depression;

Whereas, Notre Dame's current two-week suspension of classes limits students' ability to leave their residences and seek out the in-person interaction that can benefit emotional well-being;

Whereas, the Student Government and Student Senate believe the University must fully acknowledge mental health's important role in student success at Notre Dame;

Whereas, Student Senate is made up of student leaders on campus, and therefore accepts the responsibility to engage in these crucial conversations;

Resolved by the Student Senate of the University of Notre Dame du Lac, that the President's Office and Division of Student Affairs of the University of Notre Dame du Lac:

- 1. Formally acknowledge in its communications that COVID-19 concerns may place additional stressors on the mental health of its student body population and that the University values emotional well-being, rather than simply listing available resources;**
- 2. Formally acknowledge that the vast majority of positive cases are not at the fault of the individual, as to not cause more guilt and shame during isolation**
- 3. Be more transparent in COVID-related communications with students, as to not cause unnecessary worry and anxiety to students; particularly in regards to new policy announcements**
- 4. Prioritize an expansion of University Counseling Center to reduce counseling appointment wait times, despite COVID-19 related budget constraints;**

5. **Prioritize an expansion of University Health Services staff to ensure that COVID-19 positive students go no more than 48 hours without hearing from a contact tracer or UHS representative, as this wait time can cause undue worry and stress;**
6. **Make information on how to access mental and emotional support resources—especially during 2-week-long physical isolation periods—more readily accessible to every member of the Notre Dame community.**



Rachel Ingal
Student Body President