

Juliette Kelley, *Co-Director of Health & Well-being*
Austin Wyman, *Co-Director of Health & Well-being*

A RESOLUTION CALLING FOR A GREATER FUNDING FOR THE UCC TO HIRE INDIVIDUAL COUNSELORS

Whereas, Notre Dame values both empathy and love for your neighbor, which inherently should make mental health a priority;

Whereas, student senate and student government recognize the responsibility to provide effective mental health resources for students;

Whereas, the UCC strives to provide high-quality mental health care and well-being resources that recognize the values, experiences, and needs of our diverse student community;

Whereas, based on an ND-specific survey administered last year, over 3,500 students are suffering from moderate to serious distress and over 1500 undergraduate students are in “severe” mental distress;

Whereas, wait times for drop-in appointments averaged ~30 minutes in the Fall semester, a significant amount of time for students juggling school work, extracurriculars, and social activities, and drop-in appointments are necessary for any students seeking treatment at the UCC for the first time;

Whereas, multiple student testimonies highlight challenges in accessing individual counseling appointments;

Whereas, the responsibility of holding drop-in and individual counseling appointments is not as effectively met by part-time hires, and is better met by full-time staff;

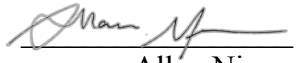
Whereas, students don’t have the resources to go off campus for mental health treatment and the South Bend community may not have resource available to provide low cost care, making it essential that the University provide adequate resources on campus;

Whereas, when the UCC is unable to meet demand, students are less likely to seek help and their mental health issues go untreated;

Whereas, the long lasting effects of the COVID-19 pandemic have increased anxiety, depression, loneliness/lack of connection, and other negative mental health effects across campus and these effects are projected to continue into the foreseeable future;

Whereas, the stigma and stereotypes surrounding seeking treatment on college campuses can prevent students from seeking help in group therapy and workshop settings;

Resolved, that the Student Senate asks the Campus Life Council to encourage the University of Notre Dame to allocate more funding to the UCC to prioritize the hiring of more full time counselors to engage in one on one counseling


Allan Njomo
Student Body President