



NDSA-12-2122

## **A Resolution Supporting the Prioritization of Mental Health Programs and Funding for the North Dakota University System**

**WHEREAS**, the North Dakota Student Association (NDSA) represents the voice of North Dakota's 45,000 public college and university students; and,

**WHEREAS**, the purpose of NDSA is to represent all students enrolled in the North Dakota University System (NDUS) and advocate on issues of higher education in support of access, affordability, quality, and the student experience; and,

**WHEREAS**, in November of 2021, the NDSA passed NDSA-07-2122: A Resolution Supporting Additional Time Off During the Fall Semester, advocating for additional time off during the fall semester for students' well-being and mental health; and,

**WHEREAS**, in February of 2022, the NDSA approved an additional resolution (NDSA-11-2122) supporting the observance of Indigenous Peoples' Day as an official holiday of the NDUS; and,

**WHEREAS**, this resolution serves to build upon NDSA-07-2122 and NDSA-11-2122 to acknowledge that Indigenous Peoples' Day is not only a day to commemorate the indigenous peoples of America, but has the opportunity to provide a mental health break for students during the fall semester; and,

**WHEREAS**, the NDSA has a strong history of supporting the mental health needs of students throughout the NDUS; and,

**WHEREAS**, depression rates for college students have doubled over the past decade and student anxiety has increased across the country<sup>[1]</sup>; and,

**WHEREAS**, COVID-19 has imposed additional stressors onto college students, prompting a large uptick in mental health needs; and,

**WHEREAS**, waiting times to establish a visit with a counselor have increased drastically throughout the NDUS due to the shortage of counselors on each campus; so,

**THEREFORE, BE IT RESOLVED**, the NDSA supports the prioritization of funding for mental health facilities, programs, counselors, and telehealth services for the students of the NDUS.

*Approved by the NDSA General Assembly,  
Saturday, February 26<sup>th</sup>, 2022*