

VII. STANDING COMMITTEES**A. Academic and Student Affairs Committee****Mental Health Awareness at the University of Washington (video presentation)**

For information only.

BACKGROUND

At the January 2013 meeting of the UW Board of Regents, an update was delivered on Current Trends in College Student Mental Health. In this update, it was made clear that student demand for mental health services has increased in recent years with college costs and finances serving as a major contributing factor. After this meeting, leaders of the Graduate and Professional Student Senate and the Associated Students of the University of Washington began discussing methods of tackling this issue and helping out students who may be struggling.

What came of these conversations was an idea to put together a video with the following mission statement: “This video aims to generate awareness of mental health resources at the University of Washington, and to normalize, de-stigmatize and encourage the use of mental health resources on campus so students can be the best they can be while at the UW.”

We hope that this video will empower students to gain confidence, seek help, and ensure their own personal, academic, and professional success.

[View the video.](#)