FOR IMMEDIATE RELEASE – March 2nd, 2019

Contact:
Jacob Brown, Chief of Staff
jdbrown3@buffalo.edu

UB Student Association Introduces First Ever Mental Health Awareness Week

One of the greatest fundamental issues that face this generation, and the next generation, of college students is mental health. In a survey conducted by the Student Association, UB students reported that mental health concerns was the number one issue on campus. In 2017-2018, UB Counseling Services provided 14,277 counseling appointments to 2,335 students. At their first appointment, 24% of the students admitted having thoughts of suicide. According to the American Psychological Association, today, 62% of all college students are reporting mild to severe mental health challenges. “The statistics that we are seeing, in regards to mental health on college campuses, is staggering and something needs to be done to address this. That is why, the SA Executive Board has called on the University to add the counseling services number to the back of the UB ID card so that it is readily accessible by any student. Sadly, this call as gone unanswered. It is my hope that the UB Administration will eventually realize how beneficial adding the phone number to the UB card is” said SA President Gunnar Haberl.

SA Vice President Anyssa Evelyn said “Often times, students are so caught up in their work that they ignore their mental health. I hope that this awareness week, informs students about the resources that are available to them.”

SA Treasurer Tanahiry Escamilla said “The programs that we have planned for this week will allow students to take a step back, relax, and relieve some of the stress that is associated with attending college”
On September 10th, the SA Executive Board signed a proclamation calling on the University to add the Counseling Services phone number to the back of the UB card and delivered it to University administrators. This has gone unanswered. Nevertheless, the SA Executive Board will continue to advocate on behalf of the students here at UB to ensure that their mental health is a top priority for members of the UB Administration.

###

**About the University at Buffalo Undergraduate Student Association**

We are your undergraduate student government. We exist to make you undergraduate student experience everything that it can be. We represent you before the University administration, continuously advocating for your best interests. We also provide a wide range of services, oversee and ever growing roster of clubs and organizations, and put on memorable events all year long.

The University at Buffalo’s Student Association is unique amongst SUNY schools in that we are entirely student run. SA is funded through student fees and ultimately overseen by our executive officers, the SA Senate and the SA Student Assembly all of which are comprised entirely of undergraduate students. We are your Student Association.