

*A Resolution Supporting The Total Acknowledgement of The Mental Health Day Official
University Observances Within All Academic Departments*

Presented on the 19th of August, 2021

Sponsors: Rajan Varmon, Nasrin Nesha, Danishi Bedi, Mannat Bedi, Damon Creighton Jr.
Co-sponsors: Amina Khalique, Faisal Jaura, Jasmine Coles, Kaitlyn Kipp, Obioma Opara, Sailor Mayes, Batsheva Khaimov

WHEREAS, Mental Health Day was created and implemented to help Wayne State University students focus on and monitor their mental health needs, **AND**

WHEREAS, Mental Health Day gives students the opportunity to practice their self-care routines, learn more about the available on-campus mental health resources, and possibly seek out consultation from a mental health professional(s),¹ **AND**

WHEREAS, The WSU Student Senate is aware that a number of academic departments did not observe Mental Health Day within the Fall 2020 and Winter 2021 academic semesters with a provision of class cancellation or a break in academic coursework, **AND**

WHEREAS, The student population's mental health and emotional well-being is of the utmost importance to the educational, extracurricular, social, spiritual, religious, personal, and/or professional aspects of students' lives, **AND**

WHEREAS, Students' abilities to practice safe and effective self-care routines may be disrupted due to a surplus amount of coursework that may be given during an academic semester and allocating a day for students to practice their respective self-care routines would help benefit the student population as a whole, **AND**

WHEREAS, Mental Health Day is a vital provision for the WSU student population to utilize and allowing students to effectively take part in it may help them emotionally and mentally prepare themselves for the education-related workload within an academic year, **AND**

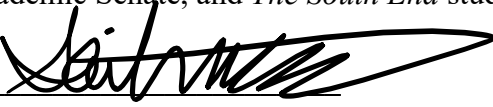
NOW THEREFORE BE IT RESOLVED, that the Wayne State University Student Senate encourages and supports Mental Health Day to be fully observed, respected, and acknowledged by all academic departments within Wayne State University, **AND**

¹ [Wayne State University Mental Health Day - February 18, 2021](#)

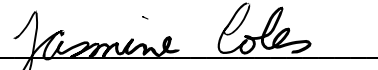
NOW THEREFORE BE IT RESOLVED, Any academic coursework that is be planned on the scheduled date of Mental Health Day is to be scheduled and/or rescheduled to, at least, one business day after its set date to allow students to effectively participate in its observance, **AND**

NOW THEREFORE BE IT RESOLVED, that Wayne State University proactively recognizes Mental Health Day of the Fall and Winter semesters as days of observance and to be labeled as such on University calendars with class cancellation within all academic departments,

AND FINALLY BE IT ORDERED, that the Wayne State University Student Senate will circulate this resolution to all relevant outlets, including the University President, the University Provost, the members of the Board of Governors, the President of the Wayne State University Academic Senate, and *The South End* student newspaper.

X 

Sailor Mayes
President

X 

Jasmine Coles
Vice President