

## Indiana University - Bloomington Graduate & Professional Student Government

### Resolution to Enhance Student Mental Health Resources on Campus

Whereas, the National Alliance on Mental Illness (NAMI) recently surveyed the prevalence of mental health issues on college campuses, as well as the impact that depression and anxiety have on academic performance;<sup>1</sup>

Whereas, the need for increased mental health services was already projected to increase over the next decade, prior to the amplifying effects of COVID;

Whereas, the [University of Wisconsin](#) offers all sessions for free, pursuant to the payment of their campus Health Fee;

Whereas, [University of Indianapolis](#) offers all of their counseling services for no cost;

Whereas, the [University of Nebraska](#) offers students free counseling services with the payment of the University Program and Facilities Fee (equivalent to the IU Health Fee);

Whereas, graduate and professional students at IU Bloomington receive [two free](#) Counseling and Psychological Services (CAPS) visits per semester;

Whereas, students can only schedule CAPS counseling over the phone, which may disincentivize some students from utilizing the service;

Whereas, two visits per semester is insufficient to ensure the wellbeing of students, who require help at a higher frequency;

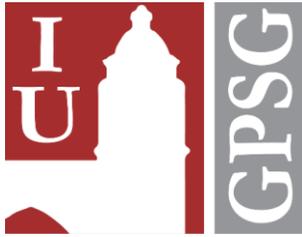
Whereas, recent events including the COVID pandemic have negatively affected the mental health of students, making resources such as CAPS even more important;<sup>2</sup>

Whereas, the current system may deter graduate students from utilizing services due to the possibility of encountering their students;

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<sup>1</sup> <https://www.csc.edu/care/resources/statistics/index.csc>

<sup>2</sup> <https://www.insidehighered.com/news/2020/09/11/students-great-need-mental-health-support-during-pandemic>



## **Indiana University - Bloomington**

### **Graduate & Professional Student Government**

Whereas, the accessibility of mental health resources is vital to propagating the success of students across all graduate and professional programs which should be of utmost priority to the university;

Whereas, there is currently a limited number of staff at CAPS that have medication management authority and the ability to prescribe psychiatric medications;

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Therefore, be it resolved by the Graduate and Professional Student Government Assembly that the GPSG supports the mission of the Graduate Faculty Council (GFC) Mental Health Task Force to combat the long-term and COVID-19 related mental health challenges facing graduate and professional students.

Therefore, be it resolved by the Graduate and Professional Student Government Assembly that the GPSG advocates for an increase in the number of free CAPS sessions offered to graduate and professional students.

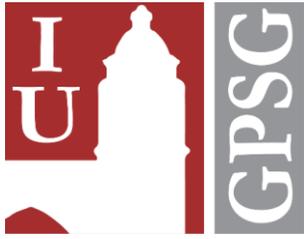
Therefore, be it resolved by the Graduate and Professional Student Government Assembly that the GPSG advocates for CAPS to develop a more accessible online scheduling system for CAPS-related services.

Therefore, be it resolved by the Graduate and Professional Student Government Assembly that the GPSG advocates for the free, unused CAPS session offered to graduate and professional students to rollover each semester until graduation.

Therefore, be it resolved by the Graduate and Professional Student Government Assembly that the GPSG advocates for the University to examine ways to increase insurance assistance services and flexibility at the IU Student Health Center.

Therefore, be it resolved by the Graduate and Professional Student Government Assembly that the GPSG advocates for continued development of facility procedures that minimize instructor/student interaction and improve patient anonymity to encourage the utilization of mental health services by graduate students.

Therefore, be it resolved by the Graduate and Professional Student Government Assembly that the GPSG advocates for continued use and development, beyond COVID-19, of alternative forms of counseling services including hybrid, virtual, text, and other mental health services.



**Indiana University - Bloomington**  
**Graduate & Professional Student Government**

Therefore, be it resolved by the Graduate and Professional Student Government Assembly that the GPSG advocates for a centralized Indiana University webpage to include all available mental health resources and counseling and scheduling services inclusive of all graduate and professional schools and programs.

Therefore, be it resolved by the Graduate and Professional Student Government Assembly that the GPSG advocates for hiring additional staff at CAPS that have medication management authority and have the ability to prescribe psychiatric medication to students.

Respectfully submitted to and passed by the Graduate and Professional Student Government Assembly on January 22, 2021.

*Dakota Coates*

GPSG President

1/22/2021

Date