

118TH CONGRESS
1ST SESSION

H. RES. 732

Expressing support for the designation of September 30, 2023, through October 7, 2023, as “National Student Athlete Mental Health Week”.

IN THE HOUSE OF REPRESENTATIVES

SEPTEMBER 27, 2023

Mr. CARL (for himself, Mr. ALLRED, Mr. TRONE, and Mr. OWENS) submitted the following resolution; which was referred to the Committee on Education and the Workforce

RESOLUTION

Expressing support for the designation of September 30, 2023, through October 7, 2023, as “National Student Athlete Mental Health Week”.

Whereas nearly 8,000,000 high school and more than 650,000 college students currently participate in athletics;

Whereas 9,800 student athletes participated in a fall 2021 National Collegiate Athletic Association (NCAA) survey on mental health, reporting elevated levels of mental health concerns;

Whereas of the survey respondents—

(1) only two-thirds indicated they knew where to seek mental health resources on campus;

(2) less than half indicated they felt comfortable seeking mental health support on campus; and

(3) just over half reported they knew how to help a teammate experiencing a mental health issue;

Whereas student athletes, like their nonathlete peers, experience issues including stress, eating disorders, burnout, depression, and anxiety which in the most severe cases if left untreated may lead to suicide or suicidal ideation;

Whereas studies show student athletes may be less likely to seek counseling and other professional help services;

Whereas mental health stigma especially among athletes contributes to student athletes not seeking needed care or vocalizing their mental health concerns to parents, peers, and coaches;

Whereas student athletes experience unique stressors, including expectations to perform and achieve in sports on top of their academic requirements;

Whereas coaches and support staff are mentors to student athletes, and their knowledge of stigmatizing language and mental health services and resources can make a difference in the lives of athletes;

Whereas prominent athletes have forgone competitions to address their mental health needs;

Whereas mental health and physical health are equally important components of overall health;

Whereas better publicly available data is needed to track the mental health of student athletes, including the rate of suicide among this demographic; and

Whereas a week of public awareness and education campaigns to shine a light on the mental health crisis is held

the first week of October every year, leading up to
 “World Mental Health Day”: Now, therefore, be it

1 *Resolved*, That the House of Representatives—

2 (1) supports the goals of “Mental Illness
 3 Awareness Week” and additionally supports the des-
 4 ignation of a “National Student Athlete Mental
 5 Health Week” to bring attention to the unique men-
 6 tal health experience of our country’s student ath-
 7 letes;

8 (2) encourages institutions of higher education
 9 and their athletic departments to participate by ad-
 10 dressing stigma and highlighting resources for their
 11 student-athlete populations;

12 (3) supports institutions of higher education
 13 and organizations already engaged in the work of
 14 educating athletic departments and students, includ-
 15 ing the NCAA’s development of data-driven mental
 16 health best practices;

17 (4) encourages athletic directors to include
 18 mental health resources for student athletes and
 19 best practices for suicide prevention alongside man-
 20 datory trainings; and

21 (5) encourages the President to issue a procla-
 22 mation calling on the people of the United States to
 23 observe “National Student Athlete Mental Health

- 1 Week” with appropriate awareness and educational
- 2 activities.

