

HOUSE RESOLUTION NO.299

Reps. Brabec, Bezotte, Breen, Brixie, Fitzgerald, Glanville, Haadsma, MacDonell, McFall, Paiz, Rheingans and Wilson offered the following resolution:

1 A resolution to declare October 5-12, 2024, as Student Athlete
2 Mental Health Week in the state of Michigan.

3 Whereas, Nearly 500,000 high school and college students in
4 Michigan currently participate in athletics; and

5 Whereas, Student athletes in Michigan demonstrate exceptional
6 dedication, sportsmanship, and leadership both on and off the
7 field, court, or track; and

8 Whereas, These student athletes represent the pride of their
9 schools, communities, and the entire state through their hard work,

1 perseverance, and commitment to excellence; and

2 Whereas, National Student Athlete Mental Health Week provides
3 an opportunity to recognize and honor the unique mental health
4 challenges of student athletes in Michigan and across the United
5 States; and

6 Whereas, A 2021 National Collegiate Athletic Association
7 (NCAA) survey on mental health reported elevated levels of mental
8 health concerns among student athletes; and

9 Whereas, Less than half of survey respondents indicated they
10 felt comfortable seeking mental health support on campus; and

11 Whereas, Student athletes in high school and college
12 experience unique mental health stressors, including expectations
13 to perform and achieve in sports on top of their academic
14 requirements; and

15 Whereas, Student athletes and their peers experience issues
16 with stress and burnout, eating disorders, body dysmorphia,
17 depression, and anxiety, which in the most severe cases if left
18 untreated may lead to suicide or suicidal ideation; and

19 Whereas, NCAA data shows that suicide is the second leading
20 cause of death among college athletes; and

21 Whereas, Studies show student athletes may be less likely to
22 seek counseling and other professional help services; and

23 Whereas, Mental health stigma significantly contributes to
24 student athletes not seeking needed care or vocalizing their mental
25 health concerns to parents, peers, and coaches; and

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

1 Whereas, It is important to acknowledge the physical risks
2 that student athletes face, including the risks of concussion and
3 sudden cardiac arrest, and to promote awareness and prevention
4 efforts in these areas; and

5 Whereas, Mental health and physical health are equally
6 important components of overall health and well-being; and

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

10 Whereas, The people of Michigan commemorate the courage of
11 student athletes who seek out the help needed to take on these
12 obstacles; now, therefore, be it

13 Resolved by the House of Representatives, That the members of
14 this legislative body declare October 5-12, 2024, Student Athlete
15 Mental Health Week in the state of Michigan.