

HOUSE RESOLUTION NO.299

Rep. Brabec 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,
10 perseverance, and commitment to excellence; and

11 Whereas, National Student Athlete Mental Health Week provides

1 an opportunity to recognize and honor the unique mental health
2 challenges of student athletes in Michigan and across the United
3 States; and

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

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

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

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

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

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

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

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

28 Whereas, It is important to acknowledge the physical risks
29 that student athletes face, including the risks of concussion and

1 sudden cardiac arrest, and to promote awareness and prevention
2 efforts in these areas; and

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

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

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

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