

# SB 231 Mental Health Taskforce

## The Problem

According to the American Psychological Association, student mental health problems are on the rise. More students than ever are seeking counseling (which is a great thing) but while many are getting help, there is an untold number who haven't and aren't receiving resources about what to do or where to go.

While many excellent resources exist already for folks struggling with mental health issues, the information is not widely available or lacking on some campuses in this state.

The APA also found that: anxiety is the top presenting concern among college students (41.6%), followed by depression (36.4%), relationship problems (35.8%), suicidal ideation (16.1%) and alcohol abuse (9.9%).

## The Solution

In order to examine the resources available to students in Oregon and whether or not they are being used effectively across the state, this year's legislature has proposed a mental health task force. This task force detailed in SB-231 will include a student voice from both a public university and community college as well as mental health professionals, including a substance use disorder practitioner, and faculty members from around the state.

With the many challenges facing students with mental health issues today, it is time that the state start to come up with a comprehensive solution for the state. SB 231 is an important step towards future legislation to better implement Oregon's student mental health resources

## SB 231 and Its Benefits

With your support, a 15-person committee (including a student representative) will be created to research what resources are available in higher education for students. The research in this group will help students get the help they need and increase completion rates for school.