

University of Nebraska at Omaha

Student Government Association Resolution

Number:	SR24-25-031
Title:	Mental Health: Education, Awareness, and Community Support
Author:	Vice President Kevin Ramirez
Sponsor:	Senator Aditi Rai and Senator Eli Calderon-Palacios
Reviewer:	Senator Dalton Meister
Submitted:	04-22-25
Senate Date:	04-24-25
Senate Vote:	14-0-0

WHEREAS, the University of Nebraska at Omaha (UNO) provides various mental health education, mental health awareness events, and community support services to the student body; and,

WHEREAS, the Eight Dimensions of Wellness was created to “foster positive overall wellbeing” for their students, view Appendix A to learn more about the Eight Dimensions of Wellness (UNO, 2025); and,

WHEREAS, the 2024-25 UNO Student Body’s President and Student Regent, Ishani Adidam, with the facilitation of the Coordinator of Student Wellness, Carlos Irizzary Gumbs, and the Director of Marketing, Anthony Mai, created the Student Wellness Guide to inform the student body about the Eight Dimension of Wellness and their resources, view Appendix B to access the Student Wellness Guide; and,

WHEREAS, in 2024, the university partnered with JED Foundation to “enhance mental health education, substance misuse prevention, and suicide prevention efforts for students” through a multi-year strategic plan (Kelly and Miller, 2024; UNO 2024), view Appendix C to learn more about the UNO and JED partnership; and,

WHEREAS, the Counseling and Psychological Services is hosting the Maverick Community Hope Walk for Suicide Prevention to support students struggling with suicide and other mental health challenges by unity; and,

WHEREAS, registered-student organizations including NAMI On Campus enhances mental and emotional wellness for the student body; and,

WHEREAS, UNO students provided testimonies on the importance of mental health education, mental health awareness events, and community support services, view Appendix D to read the personal testimonies; and,

THEREFORE BE IT RESOLVED, the UNO SGA exists to provide long-lasting support and advocacy for mental health initiatives at the university.

THEREFORE BE IT FINALLY RESOLVED, the UNO SGA commends NAMI On Campus, Counseling and Psychological Services, and the JED Campus Task Force for their efforts to improve the lives of UNO students.



Vice President
KEVIN RAMIREZ



President/Regent
ISHANI ADIDAM

Appendix A:

https://www.unomaha.edu/student-life/wellness/campus-recreation/dimensions_of_wellness.php

Appendix B:

<https://www.unomaha.edu/student-life/involvement/student-government/documents.php>

Appendix C:

https://www.unothegateway.com/news/uno-launches-jed-campus-initiative-to-prioritize-student-mental-health-and-wellbeing/article_c857c080-b660-11ef-b80c-079244a4fce5.html

<https://www.unomaha.edu/news/2024/08/uno-joins-jed-campus-to-support-student-mental-health-and-wellbeing.php>

Appendix D:

[The Healthy Mind Network Study](#)

Appendix E:

“Mental health education, awareness, and community support are not optional add-ons to campus life — they are critical components of a healthy, successful academic environment. Mental health education equips students with the knowledge to recognize signs of stress, anxiety, and other mental health challenges, while also providing tools to manage them and support others. When awareness is prioritized, it helps break the stigma that often surrounds mental illness, encouraging open dialogue and showing students that they are not alone. By prioritizing these efforts, UNO sends a clear message: every student’s well-being matters, and no one has to face their challenges alone. A campus that cares is a campus where everyone can reach their full potential — academically, emotionally, and socially.”

UNO student, 2025

“Mental health is vital to college students for many reasons. One of the first reasons is because it has an effect on their academics. College students are likely to do better in their classes when their mental health is taken care of. College students also go through a lot of big transitions when they first start college, such as moving into dorms, living far away from family, and having to supply their own bills, so it is important that they have a good mental health so they can tackle these big transitions. Lastly, it is also important for college students to have good mental health as it can help them to have healthier relationships with their colleagues and so that they can enjoy typical college activities.”

UNO student, 2025

“To Whom it May Concern,

As a student at the University of Nebraska at Omaha, I have come to understand how important the education of Mental Health is to our students. During my first year of college, I was limited by the pressures of being a first-generation student. Being unaware of the structure of classes and pressures of trying to build my resume from the start, began a path of anxiety and disengagement from actually experiencing college. These emotions would arise daily, feelings of uncertainty about my future, on my shoulders with the expectation to succeed and essentially figure it all out.

Through this first year I took a class with a particular professor that realized how reclusive I became in my studies; therefore, encouraging me to pursue therapy. Although it took me some time to book my first appointment, it was one of the best decisions of my life. I was able to go

through childhood experiences and face my adulthood head on. After about six months later, I joined NAMI on Campus an organization that offers mental health resources for students at UNO. This community gave me a chance to connect with others who perhaps have gone through the same experiences and guide them to resources on campus.

As a result of my increased involvement, I began to gain confidence to pursue other communities on campus. I later on joined the Maverick Community Hope Walk Committee that holds annual walks for suicide prevention. In addition, I applied and was granted a FUSE to conduct research surrounding mental health and mothers in higher education. If it weren't for my mentors, supportive professor, therapist, and organizations on campus, I can 100% say that I would not be the student that I am today without these resources.

As such, I whole-heartedly support Kevin Ramirez in seeking improved mental health resources and education for other students on campus. Thus, increased access to mental health resources empowers students to manage their trauma and university in a healthy way. In addition, expanding mental health initiatives can shift the culture from one silent struggle to one where seeking help is normalized and even celebrated. At UNO, being a Maverick means not only striving for personal success, but also lifting others as we climb. By expanding mental health resources, we ensure every student has an opportunity to thrive and take risks for the better.

Sincerely,

Daniela Martha-Palma
Undergraduate Student, University of Nebraska at Omaha “

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