

1 A RESOLUTION recognizing October 10, 2025, as Higher Education Mental
2 Health Day in Kentucky.

3 WHEREAS, since 1992 October 10 has been internationally recognized as World
4 Mental Health Day to spotlight and raise awareness of mental health issues, reduce the
5 stigma associated with mental health struggles, and mobilize efforts in support of mental
6 health; and

7 WHEREAS, according to the 2022 State of Higher Education Report by Gallup and
8 Lumina, 71 percent of bachelor's and associate's degree students who report they have
9 considered stopping out in the past six months cited emotional stress as among the top
10 reasons; and

11 WHEREAS, in a study of nearly 7,000 college students in the United States taken
12 during the 2022-2023 academic year, 41 percent reported recent symptoms of depression,
13 36 percent said they'd recently felt anxiety, and 14 percent said they'd considered suicide
14 in the past year, according to the National Healthy Minds Study; and

15 WHEREAS, feelings of isolation and academic difficulties caused by the pandemic
16 have exacerbated mental health struggles and pose a serious risk to college completion;
17 and

18 WHEREAS, House Bill 44 was enacted during the 2022 Regular Session and
19 allowed for mental health days for students in K-12; and

20 WHEREAS, Congress has introduced the Mental Health Act of 2023, which would
21 require the United States Department of Education to establish an Advisory Commission
22 on Serving and Supporting Students with Mental Health Disabilities in Institutions of
23 Higher Education; and

24 WHEREAS, providing the mental health services that higher education students
25 need is a challenge which all colleges and universities are actively attempting to address,
26 and the mental health of higher education students should be a campus-wide priority;

27 NOW, THEREFORE,

1 *Be it resolved by the House of Representatives of the General Assembly of the*
2 *Commonwealth of Kentucky:*

3 ➔Section 1. This honorable body hereby recognizes October 10, 2025, as Higher
4 Education Mental Health Day in Kentucky in honor of students pursuing higher
5 education and in recognition of the challenges they must face in order to succeed and
6 complete their degree.

7 ➔Section 2. The Clerk of the House of Representatives is directed to transmit a
8 copy of this Resolution to Representative Aaron Thompson.