

Question Awareness Campaign

University Council meeting 18 May 2017

"Last week was the Mental Health Awareness week in the UK. The goal was to not only raise awareness for mental health issues and stigmata, but also to uncover why so little people are thriving for mental health or seek help in case they struggle. Mental health is more than the absence of mental health issues.

Lately, mental health has also been a topic in international media. A TV-series, for example, tried to raise awareness for mental health problems and depression among younger people. And also the "It's ok not to feel ok"-campaign in the UK tackles this issue.

From research done by the ISO it is evident, that mental health problems are frequently occurring among students, while it is not accepted to seek help or even talk about them. Stress, depression, eating disorders and insomnia are among those problems and in the past years, tragic suicides unsettled the Groningen student community. So why isn't the University doing even more? The University should make sure students are aware of the help that they can get and try to take away the taboo, stigmata and discriminations around mental health.

Lijst Calimero proposes an awareness campaign. We propose, that the UG makes students aware that it is ok, not to feel ok. We propose, that the UG makes students aware of all the ways and possibilities in which they can receive help. Lijst Calimero, most certainly, wants to help setting up an awareness campaign for mental health, if only the board can promise us, that the UG will make it happen."