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TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER
Senate Resolution 21.22

(Stating the sentiments of the Student Senate regarding the effects and concern of mental health and mental health resources offered by the Texas Tech University System during the COVID-19 pandemic)

WHEREAS, Coronavirus disease (COVID-19) is a highly communicable disease that has infected nearly 30 million Americans over the past year, many of whom have developed serious complications, especially individuals with underlying medical conditions, resulting in over 500,000 COVID-19-related fatalities over the past twelve months in the United States alone, and

WHEREAS, the COVID-19 pandemic has caused significant emotional, physical, and economic distress across the world, significantly altered the lifestyle that people were accustomed to, and produced results that stretch far beyond the side effects of individuals who are infected by the COVID-19 virus, and

WHEREAS, as described by Dr. Sarah Mallard Wakefield, chair of the Department of Psychiatry and director of child and adolescent psychiatry services at Texas Tech University Health Sciences Center, COVID-19 has created a large health footprint that that has impacted and continues to impact the health care industry, and

WHEREAS, as Dr. Wakefield outlines, the initial effects of the COVID-19 pandemic relate to the physical health effects of COVID-19 and the effects of the lack of adequate medical attention for non-COVID-19 conditions either due to fear of COVID-19 or the inaccessibility of their typical medical attention, while the largest and longest-lasting effects have to do with mental health, and

WHEREAS, this pandemic has brought about frustrations that have caused extreme stress and anxiety and has deteriorated the mental and physical health of many Americans over the past twelve months, and

WHEREAS, the psychiatric effects of the COVID-19 pandemic are widespread and all-encompassing, but are even more prevalent in the lives of the frontline essential workers who

deal with the effects of COVID-19 on an everyday basis, many of whom have developed anxiety, depression, and numerous trauma- and stress-related disorders, and

WHEREAS, as the COVID-19 pandemic impacts the psychiatric wellbeing of more and more Americans now, more than ever, it is crucial that we provide individuals with different ways to combat mental health struggles and promote intact mental health, and

WHEREAS, in an environment where physical separation is recommended to prevent the spread of COVID-19, one of the biggest resources available is technology, which allows everyone to stay connected despite physical isolation, and

WHEREAS, technology allows counselors to provide support through telehealth, allows schools and offices use video calls to communicate with each other daily

