

# UNIVERSITY of HOUSTON

## STUDENT GOVERNMENT ASSOCIATION

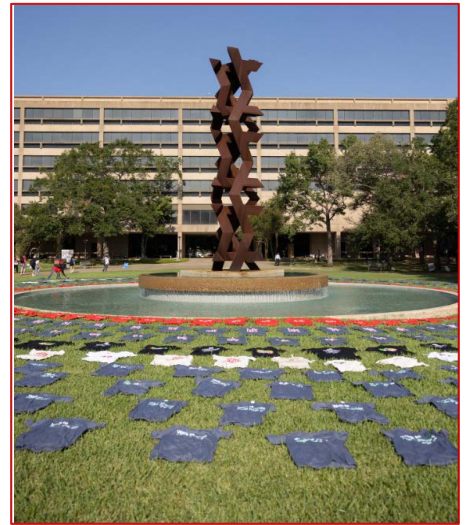
### End the Stigma, Mental Health Awareness

#### One-Time Request | FY 26

End the Stigma is a long-standing SGA tradition meant to bring awareness to mental health and the effects of suicide on college campuses across the United States during Suicide Awareness Month

#### **One-Time Allocation FY26:** End the Stigma, Mental Health Awareness Event

The focal point of this event is to create an educational space that emphasizes the importance of mental health and helps attendees understand the consequences of not discussing mental health and the stigma surrounding it. Furthermore, it highlights the nearly 1,100 students who commit suicide across college campuses in the United States. This statistic is represented by T-shirts arranged around the fountain in Butler Plaza, donated by various departments and organizations. SGA is requesting \$1,060 to enhance the event by covering the costs of hosting a multi-tabling event in front of the MD



Anderson Library in September. Of this amount, \$1,000 would go towards marketing and outreach efforts, engaging activities for students, and informational and promotional items related to mental health and suicide prevention, while \$60 would cover business and administrative fees.

There will be a table for campus resources, departments, and student organizations to engage with students and hopefully raise more awareness about the event.

#### **Benefits:**

1. **Increased Awareness** — increased awareness about the stigma of mental health and national campus suicide rates
2. **Information Centralization** — students will be able to engage with campus resources such as CAPS and UH health and wellness
3. **Campus Engagement** — Students get to interact by placing T-Shirts as well as speak about why they believe mental health is important



**Cost:**

Price of Event	\$1,000
Admin Fees (6.0%)	<u>\$60</u>
<b>Total Cost</b>	<b>\$1,060</b>