



BOARD OF DIRECTORS

Session 125

Date: April 23rd, 2026

Submitted by Audriana Scott, Director of Campus Partnerships and Valeria Perez-Leyva, Director of Diversity Efforts

BOARD BILL 3.171: An Act to Grant Funding for the “The Stigma Stops Here!” Mental Health Awareness Event

WHEREAS: Mental health is just as important as physical health when it comes to overall well-being and academic success, and there is a rising rate of stress, anxiety, depression and other mental health challenges among students; and

WHEREAS: promoting awareness of mental health and mental illness helps us destigmatize and encourage students to seek help; and

WHEREAS: holding an educational event that highlights the signs and symptoms of depression, suicide risk, and mental health crises equips students with the tools to better help themselves and their peers; and

WHEREAS: providing students with accessible information about campus, local, national, and BIPOC mental health resources increases the likelihood that individuals will seek appropriate support when needed; and

WHEREAS: self-care practices and coping strategies are essential skills that can improve resilience, emotional regulation, and long-term well-being; and

WHEREAS: interactive and engaging events increase student participation and retention of educational material, particularly when addressing sensitive topics such as mental health; and

WHEREAS: comedy can reduce stress, foster connection, and create a safer environment for discussing serious topics, including mental health; and

WHEREAS: a comedian-led event can effectively blend entertainment with education, making mental health discussions more accessible, relatable, and impactful for a diverse student audience;

THEREFORE, BE IT ENACTED BY THE ASSOCIATED STUDENTS OF THE UNIVERSITY OF WASHINGTON BOARD OF DIRECTORS

THAT: \$4,700 shall be allocated from the ASUW General Fund to cover the cost of the comedian (\$4,500), the room rental (\$75), beverages and pre-packaged snacks; and

THAT: ASUW will collaborate with the UW Counseling Center and LiveWell UW to ensure the campaign is tailored towards knowing what mental health resources are available on and off campus; and

THAT: The ASUW Director of Campus Partnerships and Director of Diversity Efforts will work with the Director of Communications to publicize this event through social media marketing campaigns;

THAT: a copy of this bill be forwarded to Khushi Loomba, ASUW Finance and Budget Director; Carrie Moore, Executive Director of the Husky Union Building; Christina Coop, Associate Director for Student Activities; Trevor Hunt, Associate Director for Finance and Business Operations; Sara Thomas, Student Activities Office Advisor; Valeria Perez-Leyva, Director of Diversity Efforts

Resources:

Thank you for providing us with permission to charge UW Cost Center **CC101088** for the amount of **\$75.00**. We will wait to charge the budget until after the event.

The Alder Auditorium has been *confirmed* on **5/26/2026** from **5:30 PM to 7:30 PM** for the **The Stigma Stops Here!** Event.

Pricing Options

a - For an *In-Person keynote/program*, it is 4500. (I pay my own travel expenses for this)

b - For a *Virtual keynote/program*, it is 2000. (I will also record this and make it available for 14 days after the live stream)

Local/Discounted Pricing: I am currently planning to be in your neck of the woods and available for a few dates in May (Monday 18th, Tues. 19th, Weds. 20th) 2026. If we were able to make one of those dates work for an *In-person* event/program at UW, I can reduce my In-person keynote to 4000.

Full May availability: Monday the 11th, Tues. 12th, Weds. 13th, Mon. 18th, Tues. 19th, Weds. 20th, Tues. 26th, Thurs. 28th.