

# Improve the mental health and well-being of Oregon students



Students for a Healthy Oregon is a coalition of Oregon high school students that have come together to improve the mental health and well-being of students. Across the state students, teachers and families are struggling to identify and adequately address mental health needs in a timely and effective manner. Our 2019 legislative priorities begin to address this need.

## Equalize physical and mental health (HB 2191)

**Background:** Oregon Law allows individual schools to determine which absences, other than illness or family emergency, should be excused. Some schools do not recognize mental illness as an excused absence – requiring the student, or their parent, to either claim they have a cold or not be able to make-up tests and homework. By not explicitly recognizing mental health as an excused absence we are adding further stigma to a common and treatable condition.

### **Solution:**

For an absence to be excused Oregon Law should recognize both physical and mental illness.

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### **Students for a Healthy Oregon**

Oregon high school students advocating for the mental health and well-being of all Oregon students.