

Date of Hearing: May 4, 2026

ASSEMBLY COMMITTEE ON RULES  
Blanca Pacheco, Chair  
ACR 174 (Muratsuchi) – As Introduced April 9, 2026

**SUBJECT:** Student Mental Health Awareness Week in California.

**SUMMARY:** Recognizes May 11, 2026, to May 15, 2026, inclusive, as Student Mental Health Awareness Week in California. Specifically, **this resolution** makes the following legislative findings:

- 1) Childhood and adolescence are critical times for physical and mental development. Mental health affects how children and adolescents think, feel, and act.
- 2) Mental health issues among children and youth can seriously change how they learn, behave, and handle their emotions throughout their lifespan.
- 3) Today’s students are exposed to the pervasive influence of social media, which has the potential to induce negative psychological consequences such as heightened social anxiety and increased feelings of loneliness. More than 42 percent of high school students experienced persistent feelings of sadness or hopelessness, a 50-percent increase in the past decade.
- 4) Improving student mental health begins with focused efforts to create safe and secure learning environments that promote respect, inclusion, and kindness and reduce mental health stigma.
- 5) School counselors, school social workers, school psychologists, school nurses, and other mental health professionals and support staff, including certified wellness coaches, are essential to a well-balanced school-based mental, behavioral, and physical health workforce.
- 6) By elevating the importance of mental and behavioral health in schools and by providing our children and youth with resources, we can dispel the stigma that surrounds mental health and cultivate a supportive and compassionate culture in our schools and communities.

**FISCAL EFFECT:** This resolution is keyed non-fiscal by Legislative Counsel.

**REGISTERED SUPPORT / OPPOSITION:**

**Support**

None on file

**Opposition**

None on file

**Analysis Prepared by:** Michael Erke / RLS. / (916) 319-2800