Whereas, Prior to matriculating, medical students have been shown to have lower rates of burnout and depression than the general population\textsuperscript{1}, but active medical students are more likely to show symptoms of depression and fatigue than the general population;\textsuperscript{2} and

Whereas, In the United States, the prevalence of clinical depression in first year medical students is greater than one in three students yet less than 15\% of depressed medical students seek treatment;\textsuperscript{3} and

Whereas, Approximately 50\% of medical students report burnout, and over 10\% report suicidal ideation;\textsuperscript{4} and

Whereas, Stigma and barriers relating to self-perception and perception by others are higher in medical students than in the general population with regards to mental health treatment;\textsuperscript{5} and

Whereas, Financial and scheduling barriers often limit medical students’ utilization of mental health providers recommended by students’ medical schools;\textsuperscript{6} and

Whereas, Physician well-being has been correlated with physician empathy, communication skills, and critical reflection on practice methods;\textsuperscript{7} thus impacting patients as well as physicians; and

Whereas, The Medical Society of the State of New York acknowledges the reality of burnout and depression in physicians and supports measures to mitigate these issues, yet does not address the low utilization of mental health services by medical students; and

Whereas, Opt-out models for mental health resources in residents have shown higher utilization rates than traditional opt-in models;\textsuperscript{8} therefore be it

\textsuperscript{1} Brazeau CM, Shanafelt T, Durning SJ, Massie FS, Eacker A, Moutier C, Satele DV, Sloan JA, Dyrbye LN. Distress among matriculating medical students relative to the general population. \textit{Acad Med} 2014;89(11):1520-1525.


\textsuperscript{5} Schwenk TL, Davis L, Wimsatt LA. Depression, stigma, and suicidal ideation in medical students. \textit{JAMA} 2010;304:1181-1190.


RESOLVED, That our American Medical Association encourage all medical schools to assign a mental health provider to every incoming medical student (New HOD Policy); and be it further

RESOLVED, That our AMA encourage all medical schools to provide an easy way for medical students to select a different provider at any time (New HOD Policy); and be it further

RESOLVED, That our AMA encourage all medical schools to require each student’s mental health professional or related staff to contact the student once per semester to ask if the student would like to meet with their mental health professional, unless the student already has an appointment to do so or has asked not to be contacted with regards to mental health appointments (New HOD Policy); and be it further

RESOLVED, That our AMA encourage all medical schools to provide an easy process for students to initiate treatment with school mental health professionals at no cost to the student or professional from the mental health community at affordable cost to the student, and without undue bureaucratic burden. (New HOD Policy)

Fiscal Note: Not yet determined

Received: 04/25/19