

# HB2960



## 104TH GENERAL ASSEMBLY

State of Illinois

2025 and 2026

HB2960

Introduced 2/6/2025, by Rep. Laura Faver Dias

### SYNOPSIS AS INTRODUCED:

105 ILCS 5/27-9.1c new

Amends the School Code. Requires each school district that offers one or more courses in health education to pupils in middle school or high school to include in those courses instruction in mental health. Sets forth the required instruction topics and materials. Provides that a pupil receiving instruction under in mental health shall not be required to disclose the pupil's confidential health or mental health information at any time in the course of receiving the instruction.

LRB104 08585 LNS 18637 b

A BILL FOR

1 AN ACT concerning education.

2 **Be it enacted by the People of the State of Illinois,**  
3 **represented in the General Assembly:**

4 Section 5. The School Code is amended by adding Section  
5 27-9.1c as follows:

6 (105 ILCS 5/27-9.1c new)

7 Sec. 27-9.1c. Mental health education required.

8 (a) Each school district that offers one or more courses  
9 in health education to pupils in middle school or high school  
10 shall include in those courses instruction in mental health  
11 that meets the requirements of this Section. This Section  
12 shall not be construed to limit a school district in offering  
13 or requiring instruction in mental health as specified in this  
14 Section. This instruction shall include:

15 (1) reasonably designed instruction on the overarching  
16 themes and core principles of mental health;

17 (2) defining signs and symptoms of common mental  
18 health challenges, including, depending on pupil age and  
19 developmental level, defining conditions such as  
20 depression, suicidal thoughts and behaviors,  
21 schizophrenia, bipolar disorder, eating disorders, and  
22 anxiety, including post-traumatic stress disorder;

23 (3) elucidating the evidence-based services and

1 supports that effectively help individuals manage mental  
2 health challenges;

3 (4) promoting mental health wellness and protective  
4 factors, including positive development, social and  
5 cultural connectedness and supportive relationships,  
6 resiliency, problem solving skills, coping skills,  
7 self-esteem, and a positive school and home environment in  
8 which pupils feel comfortable;

9 (5) the ability to identify warning signs of common  
10 mental health problems in order to promote awareness and  
11 early intervention so that pupils know to take action  
12 before a situation turns into a crisis, including  
13 instruction on:

14 (A) how to seek and find assistance from  
15 professionals and services within the school district  
16 that includes, but is not limited to, school  
17 counselors with a pupil personnel services credential,  
18 school psychologists, and school social workers, and  
19 in the community for themselves or others; and

20 (B) evidence-based and culturally responsive  
21 practices that are proven to help overcome mental  
22 health challenges;

23 (6) the connection and importance of mental health to  
24 overall health and academic success and to co-occurring  
25 conditions, such as chronic physical conditions, chemical  
26 dependence, and substance abuse;

1           (7) awareness and appreciation about the prevalence of  
2           mental health challenges across all populations, races,  
3           ethnicities, and socioeconomic statuses, including the  
4           impact of race, ethnicity, and culture on the experience  
5           and treatment of mental health challenges; and

6           (8) stigma surrounding mental health challenges and  
7           what can be done to overcome stigma, increase awareness,  
8           and promote acceptance, including, to the extent possible,  
9           classroom presentations of narratives by trained peers and  
10           other individuals who have experienced mental health  
11           challenges and how they coped with their situations,  
12           including how they sought help and acceptance.

13           (b) Instruction and materials required under this Section  
14           shall satisfy all of the following:

15           (1) be appropriate for use with pupils of all races,  
16           genders, sexual orientations, and ethnic and cultural  
17           backgrounds, pupils with disabilities, and English  
18           learners;

19           (2) be accessible to pupils with disabilities,  
20           including, but not limited to, providing a modified  
21           curriculum, materials and instruction in alternative  
22           formats, and auxiliary aids;

23           (3) not reflect or promote bias against any person on  
24           the basis of any protected person under the definition of  
25           unlawful discrimination in the Illinois Human Rights Act;  
26           and

1           (4) be coordinated with any existing on-campus mental  
2           health providers, including, but not limited to, providers  
3           with a pupil personnel services credential, who may be  
4           immediately called upon by pupils for assistance.

5           (c) This Section does not limit a pupil's health and  
6           mental health privacy or confidential rights. A pupil  
7           receiving instruction under this Section shall not be required  
8           to disclose the pupil's confidential health or mental health  
9           information at any time in the course of receiving the  
10           instruction.