

## **Psychology Statement of Community Support**

This has been an extraordinarily difficult quarter. A worldwide pandemic has killed over 100,000 Americans, left millions unemployed, and has disproportionately affected people of color.

Against this backdrop, and against the backdrop of hundreds of years of systemic oppression, the nation has been confronted with the appalling murders of George Floyd, Ahmaud Arbery, and Breonna Taylor. These murders are not isolated incidents. Instead they are salient reminders of the exigent threats and stark disparities that Black communities experience every day in our country, and reminders of the long record of deplorable treatment of Black people by law enforcement across the country. For many, these events – on top of so many others – have led to an overwhelming degree of anger and despair.

The Department of Psychology's Climate Committee and other members of our community stand with you in support and solidarity in these struggles. Each member of our community is dealing with these events in a unique way, and we will do everything in our power to remain flexible and ensure that every individual is supported, safe, and respected.

Now is the time to confront your own privilege, to be explicitly anti-racist as opposed to just standing idly by, and to encourage others to do the same.

**To honor the memory of George Floyd and other victims of police brutality and murder, we ask all members of our community to silently reflect on what each of us can do to effect change at 11am Pacific time on Thursday, June 4 – the start time of George Floyd's memorial service in Minneapolis.**

If you are feeling overwhelmed by these infuriating events and dispiriting challenges, we would like to remind you of the mental health resources available at UCSD:

Counseling and Psychological Services:

<https://wellness.ucsd.edu/CAPS/Pages/default.aspx>

Faculty and Staff Assistance Program:

<https://blink.ucsd.edu/HR/services/support/counseling/index.html>

While not easy in these times, finding ways to come together is more important than ever before. Each of us has a responsibility to ensure that the most vulnerable among us can reach out for support, and although many may feel exhausted, every small gesture of kindness makes a difference.

The Climate Committee, in collaboration with other groups in the Department of Psychology, will be offering more information about concrete actions in the coming days. In the meantime,

please consider setting aside time in class or in lab meetings to discuss these issues. We ask that you be kind and listen carefully to each other and that you acknowledge our joint responsibility to address racial injustice and inequity. We invite you to share any specific proposals about how the department can accommodate and support our community and how we may more effectively promote social justice moving forward.

John Serences  
Chair, Climate Committee

Michael Gorman  
Chair, Department of Psychology