

July 8, 2016

The staff at Wesleyan CAPS join with members of our university community and friends and loved ones throughout the world in grief and anger over the seemingly unending oppression, violence, and murder taking place both in our country and abroad. At this moment, we wish to affirm our role as a supportive resource to the Wesleyan community. You need not identify as a survivor or know a victim of violence to experience emotional and physical effects. The impact of these horrifying events can be immediate for some, while for others they may not appear until some time has passed. For some of you, talking about the event and acknowledging your feelings about it may be helpful. For others, a focus upon healing others may bring you comfort and assist in reducing the traumatic impact you feel. Talking with a mental health professional may also be a useful step in processing deep emotional pain.

In light of recent tragedies and the distress many students are likely experiencing, CAPS will increase our availability for crisis appointments throughout the week. If you wish to speak with a CAPS clinician, call 860.685.2910 to schedule an appointment. We will do everything we can to see you quickly.

Please follow the links below for additional information about how to care for yourself and others in your community.

<http://www.apa.org/helpcenter/mass-shooting.aspx>

<http://citizenshipandsocialjustice.com/2015/07/10/curriculum-for-white-americans-to-educate-themselves-on-race-and-racism/>

<https://www.wheelock.edu/Documents/About/racialtraumaisrealManuscript.pdf>

<http://www.nytimes.com/2015/06/24/magazine/racisms-psychological-toll.html>

<http://www.justincohen.com/blog/2016/7/6/advice-for-white-folks-in-the-wake-of-the-police-murder-of-a-black-person>

http://www.theroot.com/articles/culture/2014/08/ferguson_how_white_people_can_be_allies/