

Dear UNM Psychology Department Faculty, Staff, and Students,

In the wake of Jacob Blake (age 29)'s shooting by police officers in Wisconsin—and a growing list of young people who recently had their lives taken far too soon (in particular, George Floyd, 46; Breonna Taylor, 26; Ahmaud Arbery, 25)—the Faculty Diversity Committee would like to send the following unequivocal message to our faculty, staff, and students: Black Lives Matter, and we strongly denounce these cruel and senseless acts of violence against Black Americans.

We do not have all the answers. We are grappling with the same existential issues as many of you. Yet, we can all agree that the highest ideal of this nation is a society that grants justice and liberty in equal measure to all of its people. What these incidents and others over the past four months, as well as the prior centuries of violence against people who are Black and Brown in this country, have shown us is that we all have work to do to create the changes necessary to meet that vision.

Like many of us, we recognize many of you might be suffering from significant distress in the midst of the currently intersecting racial and public health crises. We are here for you, and if you could use someone to talk to, our (Zoom) office doors are open. In addition, we would like to direct you to the following resources that we found helpful in working through some of the challenges and distress we ourselves are currently facing:

- The Happiness Lab podcast by Dr. Laurie Santos (<https://www.happinesslab.fm>)
- Psychology Department Zoom mindfulness meditation sessions on Friday mornings at 10:00am
- Free guided meditations from 10% Happier (<https://www.tenpercent.com/coronavirussanitymeds>)
- New Mexico Crisis and Access Line (<https://www.nmcrisisline.com/>)
- UNM Employee Wellness resources (<https://hr.unm.edu/wellness>)
- Student Health and Counseling (<http://shac.unm.edu/services/mental-health/index.html>)
- The American Psychological Association racial stress resources, which is called a “parenting resource” but has great ideas for coping with distress for parents and non-parents! (<https://www.apa.org/res/parent-resources/racial-stress>)

Together, through open and compassionate dialogue between faculty, staff, and students, we hope we can all use the current tumultuous and polarizing historical moment as an opportunity to work toward a Department that is a safe and fulfilling place for all of us to learn and work.

Take care,

UNM Psychology Faculty Diversity Committee

Steven Verney (Chair), Sarah Erickson, Jeremy Hogeveen, Barbara McCrady, Davood Tofighi, Kamilla Venner, David Witherington, and Katie Witkiewitz