



The Health & Well-Being Unit recognizes that several horrific tragedies have taken place over the past month, including the murder of Tyre Nichols in Memphis, TN at the hands of a five police officers sworn to protect and serve him and their communities; and the mass murders that occurred in Monterey Park, CA on Lunar New Year's Eve. We acknowledge the impact of these events on members of the UR community. It is natural to experience feelings of outrage, anger, pain and disbelief over these situations. These situations may also trigger traumatic memories of other recent tragedies that continue to be hard to cope with and difficult to comprehend. These all are normal reactions to abnormal events. The well-being of our students, campus, and the greater community steadfastly remains a priority for the Health & Well-being Unit, and thus for those who need them, we want to highlight some resources UR has to offer:

- [Counseling & Psychological Services](#)
- [Student Center for Equity & Inclusion](#)
- [Spiders Against Bias](#)
- [UR Bias Resource Team](#)
- Student Health Center Integrative Health Coach, Dr. Charlynn Small (available Tuesdays 1:00 – 4:30)

In solidarity,

The Health & Well-Being Unit

- Health Promotion (including CARE, the Center for Awareness, Response & Education)
- CAPS (Counseling & Psychological Services)
- University Recreation
- Disability Services
- Student Health Center
- Health & Well-being Operations