

April 26, 2021

Dearest Aggies,

These days continue to be challenging for many people. Mass shootings, police brutality, xenophobia, and the trial of Derek Chauvin for the murder of George Floyd have been prevalent in the news and social media. I am writing this letter to provide our campus community with resources for coping with grief, anger, and tools for developing self-care strategies.

For students, Texas A&M's Counseling & Psychological Services (CAPS) provides a comprehensive list of services and resources—

- [Let's Talk Program](#): The *Let's Talk Program* is an outreach initiative that meets and engages students in conversation in an environment that feels safe and empowering to them. By providing this preventive care, the Let's Talk program intends to positively contribute to the mental health and wellness of our diverse students as well as to their retention and graduation rates. *Let's Talk* is now online to provide virtual spaces for support.
- Counseling & Psychological Services (CAPS) are providing services by phone and telehealth. They have an [online scheduling system](#) or students can call 979-845-4427 to get connected with a counselor.

For faculty, the American Medical Association provides a [list](#) of recommendations to help faculty better prepare to support students and colleagues.

For Texas A&M's faculty and staff, Human Resources and Organizational Effectiveness (HROE) provides the [Work/Life Solutions Program by GuidanceResources](#)®. The program offers a variety of services including consultations with clinicians for anxiety, depression, stress, grief, loss, and many other life challenges or adjustments.

The following online resources are available for everyone in our campus community—

- Health Promotions in the Office of the Dean of Student Life provides [tips for health and wellness](#) on a variety of topics such as nutrition, stress and relaxation, sleep, and mental health.
- The Office for Diversity provides resources for [fighting xenophobia and anti-Asian racism](#), resources for [self-care and wellness](#) for social justice activism, and [tips](#) for avoiding burn-out, engaging in allyship, and advancing cultural literacy.

While we cannot all be together, we are here for you. If you have any questions or concerns, you can email us at diversity@tamu.edu or call (979) 458-2905. Please take care of yourself and each other.

Sincerely,

A handwritten signature in cursive script that reads 'Annie McGowan'.

Annie McGowan, Ph.D. (She/Her/Hers)
Interim Vice President and Associate Provost for Diversity
Gina and William H. Flores Endowed Professor in Business