To the UCSB Community:

In a time of physical distancing and a worldwide response to the COVID-19 pandemic, we continue to witness the pandemic of racism and hate by those who take the lives of Black, Brown, and Queer people. The murders of George Floyd, Breonna Taylor, Ahmaud Arbery, and Tony McDade, the weaponization of the police, and Zoom-bombing for the purpose of spewing racist, sexist, and homophobic speech, has pushed communities of color and their allies to breaking points. We are in the midst of a collective grief response, and the anger we see reflected in the protests and cries for justice in the cities across the country is further compounded by the many losses brought on by COVID-19. The loss of life, agency, and connection feels overwhelming. We must not become numb to the culminations of these losses, or to the pain of others and ourselves.

These collective traumas have very real psychological consequences, such as depression, anxiety, post-traumatic stress disorder, and the exacerbation of other underlying mental health and substance use/abuse issues. We also recognize the particular impact that witnessing these traumatic events has on members of our Black and African-American community. By sharing and acknowledging our grief and hurt we can help each other bear the pain and emotional weight.

Remember to check on those you care about. Take the time to care for yourself in healthy and meaningful ways. Reach out if you need support or assistance supporting someone else. You can request support and services from CAPS HERE.

CAPS is committed to collaborating with our campus and community partners to best inhabit UCSB's Principles of Community. We remind you of their presence and these resources:

African diasporic Cultural Resource Center (AdCRC)
American Indian Cultural Resource Center (AICRC)
Asian Resource Center (ARC)
Educational Opportunity Program (EOP)
Multicultural Center (MCC)
Middle Eastern Resource Center (MERC)
Resource Center for Sexual and Gender Diversity (RCSGD)
Office of Black Student Development (OBSD)
ONDAS Student Center
Chicanx/Latinx Cultural Resource Center (CLCRC) & El Centro
Health and Wellness
Women's Center
Undocumented Student Services
UCSB Student Wellbeing

Please be well, safe, reflective, and in community.

Our lives begin to end the day we become silent about things that matter."
-Martin Luther King Jr.

"Justice will not be served until those who are unaffected are as outraged as those who are."
- Benjamin Franklin

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