

## A MESSAGE TO STUDENTS

Email sent Wednesday, June 3, 2020

Dear Students,

As we approach the end of our spring semester, I had hoped to write to you under better circumstances. Like you, I am disheartened by the recent deaths, and racial and social injustices that have occurred in our nation. Please know that Citrus College faculty and staff support you, especially during the challenging times we are facing. We will continue to use the power of education to inform, enlighten, and hopefully work together in an effort to bring systematic change to our society.

Many of you may be hurting and experiencing a mix of emotions. I encourage you to use the college's remote mental health services and schedule an appointment with the <u>Student Health Center</u> online or by calling (626) 914-8671. Additionally, the Student Health Center will host virtual grief support groups beginning on June 4. Available off-campus resources include:

- <u>National Alliance on Mental Health</u>: (800) 950-NAMI or text **NAMI to 741-741** to connect with a trained crisis counselor to receive free, 24/7 crisis support via text message
- National Suicide Prevention Lifeline: (800) 273-TALK (8255)
- National Association for the Advancement of Colored People

If you do not wish to speak with a licensed professional, please talk with someone you trust. Communicating your feelings and concerns may help you process the current situation.

I encourage you to read the <u>Superintendent/President's message</u> to the college community as it expresses the college's sentiments and concern for our students, faculty, staff, and community members.

Please show care, kindness, and compassion toward one another, and stay safe and healthy during this difficult time. We are in this together.

In solidarity,

Martha A. McDonald

Vice President of Student Services