

What a year 2020 has been so far! From the COVID-19 pandemic – and the implications of this on the way we attend classes, take exams, complete practicums and clerkships, and celebrate milestones – to now the disturbing images involving the tragic death of Houston native, George Floyd - we have been through a lot. We are emailing today in solidarity as we join you in mourning the senseless deaths of George Floyd, Ahmuad Arbery, Breonna Taylor, and sadly, countless others.

These acts of racial injustice spark many feelings – anger, sadness, hopelessness, confusion, exhaustion, and others. Please keep in mind that taking care during this time is critical. We wanted to remind you of the resources available to you during this time of pain, or any time you need it. UTHealth Student Counseling Services stand with the commitment of our university's core values of diversity and social justice. We unflinchingly respect the dignity and worth of each individual student, and stand ready to serve you. Our clinic offers appointments Monday through Friday, from 8:00 AM to 5:00 PM. We also offer the I-M-UT Crisis Line, available 24/7 at 713-500-IMUT (4688).

During such a time of pain, you may question whether you can make a difference as just one person. One person alone may not be able to change the world, but many people united in a cause, can make many great changes. Like building a brick wall in which each independent brick does not make the wall mighty on its own, each brick contributes to the overall wall, just as each person can contribute independently to the overall mission of ending racial injustice.

The losses of these individuals are not an isolated occurrence. This has become an "again" occurrence. Again, we are faced with pain. Again, we are faced with anger. Again, we are saddened to witness such injustice. Albeit it is an "again," we should never feel desensitized by what is happening. We should feel all the emotions and feel disturbed that once again, this is occurring and we should feel inspired to not let another "again" occur.

In this spirit, we wanted to share some resources with you.

If you are looking for ways to educate yourself about race and the racial injustice, you may want to consider reading some of the following books:

- *A Different Mirror: A History of Multicultural America* by Ronald Takaki
- *A People's History of the United States* by Howard Zinn
- *How to Be an Anti-Racist* by Ibram X. Kendi
- *Killing Rage: Ending Racism* by Bell Hooks
- *So You Want to Talk About Race* by Ijeoma Oluo
- *Stamped From the Beginning* by Ibram X. Kendi
- *The Burning House: Jim Crow and the Making of Modern America* by Anders Walker
- *The Condemnation of Blackness: Race, Crime, and the Making of Modern Urban America* by Khalil Gibran Muhammad
- *The Fire Next Time* by James Baldwin

- *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by Michelle Alexander
- *White Fragility: Why It's So Hard for White People to Talk About Racism* by Robin DiAngelo and Michael Eric Dyson
- *Why I'm No Longer Talking to White People About Race* by Reni Eddo-Lodge

... or viewing some of the following shows and movies:

- 13th (Netflix)
- Dear White People (Netflix)
- For Colored Girls (Netflix)
- Just Mercy (Amazon Prime)
- Selma (Amazon Prime)
- The Color Purple
- Time: The Kalief Browder Story (Netflix)
- When They See Us (Netflix)
- Who Killed Malcom X? (Netflix)

While we many not all be united on campus during this pandemic, we are still a community. As a community of learners, scholars, educators, and practitioners, we must work together to eliminate racial injustice while supporting one another and the communities we serve. During this stressful and challenging time, let us support each other and practice self-compassion.

We are here for you.

In solidarity,

Dr. Bahrman, Dr. Selvaraj, and Dr. Zahn