

Statement on Racial Violence and Discrimination: We are here for you.

In the wake of the murders of George Floyd, Breonna Taylor, Ahmaud Arbery, and countless other tragic losses, the William & Mary Counseling Center stands in solidarity with the Black and African-American identified community. As individuals and professionals we desire justice for the police brutality and other historic and present injustices directed towards Black and African-American identified people. Systemic and racial oppression is not new and has gone ignored for far too long. William & Mary has a sordid and shameful history with race, slavery, and oppression of marginalized communities. There has not been nearly enough ownership taken regarding these issues and events, our Center included. We apologize.

Words will never be enough to account for the emotions and reactions that Black and African-American identified individuals are experiencing, yet it is necessary to speak up and act. As mental health professionals we have a unique understanding of the cumulative, long-term, and inter-generational impacts of race-based trauma, oppression, and micro-aggressions. These can include anger, grief, fear, uncontrollable worry, hopelessness, powerlessness, exhaustion, numbness, withdrawal, difficulty focusing, and re-experiencing painful memories and images, among many others. These reactions can be very intense and overwhelm many areas of life. It is normal and expected to have such reactions and it is important to take care of ourselves and each other.

We are committed to supporting and advocating for Black and African-American identified William & Mary community members. We are with you and will continue to be with you by connecting, listening, validating, and offering a safe space where we hope you feel seen and heard. The Counseling Center provides free and confidential [resources](#) including individual counseling, 24/7 crisis services, group counseling, and outreach for group dialogues. You can access these services by calling (757) 221-3620. If you are looking for some immediate tools as an alternative to therapy, you may find these strategies helpful: [Race-Based Trauma Coping/Healing](#)

We are also open to exploring creative new ways to connect and work towards healing with students and organizations. If you would like to collaborate with us in creating an event with your friends, organization, class, or any other group, click this link: bit.ly/WMCC-OutreachRequest

Other resources that students might benefit from:

- [Center for Student Diversity](#)
- [Campus Ministries](#)
- [Dean of Students Office](#)
- [Student Health Center](#)
- [Health Promotion](#)
- National Suicide Hotline (1-800-273-8255)
- Crisis Text Line (text "Steve" to 741741) to speak with a culturally affirming crisis counselor
- [National Queer and Trans Therapist of Color Network \(NQTTTCN\)](#)