Dear Faculty, Staff, Residents and Students,

For the past month, Muslim members of our SOM family have reflected, fasted, built communally, and aided those in need during Ramadan, the holiest period in Islam. Last Thursday, Eid-ul-Fitr marked the end of Ramadan. Eid is a time for celebration and renewed intentions. SOM affirms the faith, commitment, and fortitude of our Muslim family.

Sadly, this is also a turbulent period in our world. Members of our SOM family are impacted by the Israeli-Palestinian fighting and humanitarian crisis with loved ones living in fear, being displaced from their homes, and the numerous deaths of innocent people, many of them children. Our calling as future and current physicians champions the humanity of every individual and the value of human life.

Please be prepared to listen to our impacted SOM family with a humble and open heart. We lift up the ideals of peace, justice, and reconciliation.

Trauma and racial/ethnic battle fatigue can impact how we care for ourselves and perform. Below are resources to exercise self-care.

- Employees: Counseling Assistance Program 609-292-8543
- Students: Student Mental Health Services are offered through the Department of Psychiatry 856-482-9000 or The Student Wellness Program 856-770-5750
- Health & Wellness Resources for Student Doctors
- Seeking Mental Health Services as a Medical Student
- SOM Wellness Website
- How to Help Medical Students Keep Tabs on Their Mental Health
- 15 Steps to Navigate Crises and Physician Well-being
- Institute for Muslim Mental Health
- Stress and Trauma Toolkit for Treating Jewish Americans in a Changing Social and Political Environment
- Asian American/Pacific Islander Communities and Mental Health
- Therapy for Black Girls
- Supporting Black Men’s Mental Health
- Therapy for Latinx
- The Association of LGBTQ+ Psychiatrists
- The National Center for Transgender Equality

Stay safe and remain encouraged during these difficult times.

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