#BlackLivesMatter: Charleston Reflections

We, staff at the University Counseling Center (UCC), feel saddened, outraged, disheartened, and in a state of disbelief, along with many other reactions, as the news about the racist attack in Charleston unfolds. Our hearts are with the victims and their families at this time: Rev. Clementa Pinckney, Cynthia Hurd, Rev. Sharonda Coleman-Singleton, Tywanza Sanders, Ethel Lance, Susie Jackson, Depayne Middleton Doctor, Rev. Daniel Simmons, and Myra Thompson. We encourage everyone to seek safe people and spaces to receive support and process your reactions.

The UCC staff recognize systemic racism as contributing to the violence in Charleston and believe it is important to name the oppression Black individuals face in this country. UCC staff agree that discussing and processing topics including, but not limited to, systemic discrimination, oppression, privilege, hate crimes, and gun violence are particularly salient to the dialogue about Charleston. We also recognize that this recent violence affects the emotional, psychological, and physical safety experienced by individuals on our campus and within the community. We, as a UCC, will continue to explore, process, and evaluate how we navigate the topics identified above, and serve as a safe space for students to heal and receive support. Please reach out to us at the UCC, campus or community resources, and/or family and friends as you take care of yourselves.

Substance Abuse and Mental Health Services Administration (SAMHSA)
Tips for Survivors: Coping with Grief After Community Violence