

October 27, 2020

Hello DMH family,

I can't believe we have made it through first term! Congratulations to all of you: the instructors who taught online or virtually, the students who learned via our virtual plus environment, and all of our faculty, staff, and students who have continued your research and practice through this challenging time. As the weeks have become months, I have become more and more impressed by your initiative, compassion, flexibility, and hard work. I know it has not been easy.

I also realize that an immediate transition into term 2 is challenging. I want to send you luck and support for this next term and remind you of resources for wellness, COVID, and mental health support available to you.

First, always check out my.jhsph.edu for all things education, research, and practice, including events and past emails from the university and school. The buttons in the covid page are really useful:

- [FAQ for Students](#)
- [FAQ for Faculty](#)
- [Virtual Instruction Resources](#)
- [Research & Practice Restart](#)
- [COVID-19 Mental Health Resources](#)
- [COVID-19 Projects Database](#)

Our past department COVID updates can also be found [here](#).

We have created a [cheat-sheet](#) of mental health resources with links!

There is also a compendium of [internal](#) and [external](#) resources available that address specific challenges to our psychological wellness during the pandemic.

As I mentioned earlier, the School's COVID Mental Health Task Force is deploying mental health workshops across the whole school community. These will begin in the next several weeks, with the goals of providing tips for self-care, reminding folks of resources available for themselves and for helping others. We have already trained over 80 facilitators for these workshops and are excited to see them deployed. Please stay tuned for invitations to participate in small group workshops – an unprecedented school-wide activity!

Finally, as we enter a challenging few weeks: new academic term, upcoming election, increased COVID numbers in many parts of the world, and virtual or limited holiday celebrations, I want to remind us all to give ourselves and others grace. This is tough on everyone, and I know you are all doing your best. Please reach out to your advisees, peers, group members, etc to check on them. Also, please seek help for yourself if you

need it, take breaks if you need them (and you do!), find small moments of joy, and create community in ways that you can. We as a DMH community are here for you, and I personally am so grateful to work with each of you.

And for your halloween entertainment:

- What fruit do scarecrows love the most? [Straw-berries]
- What position does a ghost play in soccer? [Ghoulie]
- What kinds of pants do ghosts wear? [Boo-jeans]

With love and gratitude,
Dani