

## Student Health and Wellbeing Services

Dear community,

The last several months have been challenging ones. Our world continues to grapple with the ongoing war in Ukraine; the crisis in Gaza and ongoing Israel-Hamas war; Civil Wars in Sudan, Myanmar, and Syria; as well as many other tensions and conflicts both inside and external to the U.S. A great many of us have very keenly felt how politically divided our country has been in recent times. Since the November Presidential Election, many of us have been seriously contemplating what the future may hold. And many within our community feel fear and uncertainty as we reflect on what may come. Students that are undocumented, or that have undocumented family members have justifiable concerns about loss of financial and other support as well as detainment and/or deportation. Students that identify as LGBTQI+ have concerns about their ability to live authentically and safely as valued members of their communities. Many people in our country have concerns about their safety and civil liberties and maintaining accessible healthcare. We stand with you and in support of you.

We are committed to our LGBTQI+ students, our students of color, and students of all political and religious beliefs, genders, identities, and countries of origin... We strive to be safe, affirming, and inclusive and hold diversity and equity as non-negotiable and foundational. We value you in all of your uniqueness and we hope that you will seek out our assistance at times where it will be helpful to you. If you are stressed, confused, fearful, etc. at this point in history, please know that we would be honored to be a resource to you.

If you have any questions or concerns about confidentiality or anything else, please feel free to reach out directly and ask to speak with me or other available leadership of SHWS (707.826.3146, medical, or 707.826.3236, CAPS).

Sincerely, Jennifer Sanford, Executive Director, and the SHWS team