

Standing with Charlottesville and Against Hate and Intolerance:  
A Call for Social Responsibility, Respect, and Compassion  
from the University Wellness Center

The violence and hate-fueled murder in Charlottesville, Virginia over this past weekend have aroused a range of reactions - from anger, despair, fear, and confusion, to determination and a demand for civil rather than vicious and dangerous discourse. The staff members of the University Wellness Center (UWC) offer our condolences for the losses and trauma suffered by the Charlottesville community. As a member of the Sewanee community, you now find yourself among peers, university staff and faculty, and other community members who share or who disagree with your reactions and opinions. At Sewanee, we aspire and work to exude respect and compassion for those with whom we share likeness as well as those with whom we disagree. We will find anger, suffering, misunderstanding, and despair as we inevitably face and address divergence and polarity. Our efforts, as we build from tolerance to empathy and dialogue, stand as a testament to the strength of the Sewanee community and the unity imbued by our humanity. We must not tolerate, from self or others, a refusal to rise to this challenge. We cannot be complacent with violence, disrespect, and the destructive vitriol of bitterness, bigotry, and oppression.

As an organization that endeavors to support the health and facilitate well-being among our students, the University Wellness Center (UWC) provides a space both within and outside our physical walls for discussions on feelings and convictions, identity, the constructive challenge of establishing harmony in the face of dissonance, and the effects and meaning of the hateful, violent events in Charlottesville and beyond for a diverse student body within a diverse community. We recommend that you reflect on these acts of violence and their implications in order to care for yourself, express tolerance, respect, and ultimately care for those close to you and those who anger you and/or disagree with you. Recognize your feelings, your intentions, and your limits as you consider dialogue and the personal boundaries you need to maintain in order to exercise compassion for self and others. Connect with those close to you for support. If needed, reach out to UWC staff for support. Attend to your own basic needs such as eating, sleeping, working, playing, and laughing. Monitor for unproductive media use and conversation, refusing to feed intolerance and disrespect. Alternatively, utilize self-care resources, choosing to nurture compassion for self and others. Notice and report any bigotry, violence, or unyielding disrespect. Below, we have listed several resources for facing the challenges of the days we share at present and into the future. The staff of the University Wellness Center recognizes the suffering and fear, the hope and the promise of the time we occupy, and we encourage you to allow us to provide support and facilitate a tolerant, compassionate navigation of this shifting and arduous terrain.

## Resources:

### Reporting Incidents of Intolerance, Bigotry, and/or Violence:

Use the LiveSafe App (download here): <http://www.livesafemobile.com>

### UWC Resources:

*Individual and Group Psychotherapy; Triage services* – call 931-598-1325 to schedule.

Mental Health Crisis Line, available 24/7: 931-598-1700

### Online Resources:

The American Psychological Association's Letter to the Mayor of Charlottesville, which includes links to numerous resources on discrimination and the process of healing from community trauma:  
<http://www.apa.org/news/press/response/charlottesville-violence.aspx>

The American Psychological Association's Resources for Dealing with Racism, Aftermath of Charlottesville Violence, which includes links for resources in covering and dealing with the aftermath of the recent violence:  
<https://newswise.com/articles/apa-offers-resources-for-dealing-with-racism-aftermath-of-charlottesville-violence>

Psychologists available to discuss Charlottesville violence, which includes contact information for experts who can offer insight into violence and dealing with trauma:  
<http://wapsych-news.org/psychologists-available-to-discuss-charlottesville-violence/>

Communication and Conflict:  
<http://www.nonviolentcommunication.com/aboutnvc/4partprocess.htm>

Self-Compassion and Loving Kindness Meditation:  
<http://self-compassion.org/category/exercises/#guided-meditations>

Stress Management:  
<http://www.apa.org/topics/stress/index.aspx>  
<http://www.mindfullivingprograms.com/audio-video.php>