

**PENN PSYCHIATRY**

**MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM**

SEPTEMBER 30, 2020



**MESSAGE FROM THE CHAIR**

Dear Faculty, Trainees and Staff:

I hope you are enjoying this beautiful early Fall day! As usual, I would like to start by sharing my gratitude for all of the work that you do. You work tirelessly to make sure our patients are well cared for, our trainees have the best educational programs and our research is addressing the most vexing problems in psychiatry and mental health. It is an inspiration and a privilege to work with you!

I have been thinking a lot about some of the challenges that faculty, staff and trainees are facing as the pandemic wears on. And yes, it is wearing. Many of you are trying to balance work responsibilities, child or eldercare responsibilities, all while adapting to this new reality of physical distancing and risk for infection. In the coming weeks, Psychiatry will be holding some sessions for members of the department to share some of the things that they are grappling with and to have a space to discuss these difficulties. Data about reactions to disasters (I think we all agree that COVID-19 has been quite a disaster) show that about 4-6 months into the new situation, demoralization, irritability and other distressing feelings are common. This makes it timely to have a chance for us to convene to share and talk. In the next weeks, I will be announcing a few sessions for members of the Department of Psychiatry to come together and find ways to improve our wellness.

Please take good care of yourself. Remember how critical routines are. Please make sure to reach out to people you care about. If you can, find some “me” time. That can sometimes go a long way!

Warmly,  
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#### **WELLNESS RESOURCES**

Click [here](#) to access our Wellness Resources.

#### **THANK YOU FOR YOUR SERVICE.**

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#### **Vision**

Promoting health for the brain and mind to transform lives and the world.

#### **Mission**

Penn Psychiatry develops and implements new ideas to understand, prevent, and treat disorders of the brain and mind, through innovative research and discoveries, outstanding educational, world renowned clinical services, and transformational public health policies.