

PENN PSYCHIATRY

MOVING FORWARD TOGETHER | RESURGENCE AND ANTI-RACISM

APRIL 28, 2021



MESSAGE FROM THE CHAIR

Dear Faculty, Staff and Trainees,

Spring is in the air and so is hope! Today's newspapers carried the encouraging news from the CDC regarding guidance for wearing masks outside for those who are fully vaccinated. The guidance is that if you are fully vaccinated, you need not wear a mask when outside walking, running or biking, as long as you are not in a crowded space. If you needed any extra incentive to get a vaccine, you got it! Please consider getting the vaccine if you have not yet done so.

In other good news, the University announced that travel restrictions will be eased slightly starting in May. They also laid out a plan for coming back to campus. Exciting!! We do have a big job ahead of us: figuring out what the new normal will be!

Thank you so much for all of your work! What you do is important and makes a difference in the life of other people. That is lucky for them and lucky for us! Please take care of yourself. Mind your sleeping, eating and exercise routines. Please take time off, if you have not done that yet. It is super important. Finally, remember to find the things that you can be grateful for. I, for one, am grateful to work with all of you! Thank you!!

Warmly,
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WELLNESS RESOURCES

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

During these uncertain times, help is available through [PennCOBALT](#) and [PennMedicineTogether](#).

THANK YOU FOR YOUR SERVICE.

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.

Click [here](#) to access the Penn Psychiatry website.

Click [here](#) to access the CPUP Committee on Anti-Racism

