

FERRIS STATE UNIVERSITY

PERSONAL COUNSELING CENTER

May 26, 2020

To our Campus Community:

The Personal Counseling Center strongly condemns and denounces racism, systemic oppression, injustice, and all forms of violence and acts of hate. As mental health professionals, we stand for giving voice to members of marginalized groups and providing support in times of crisis. There is no response that can remedy the immeasurable losses and violence that the Black community has endured for centuries, but we can educate ourselves to let go of the messages about race that we have internalized over a lifetime. As has been said by Maya Angelou, "When we know better, we can do better."

As is so painfully obvious, and only brought into sharper focus with these recent national events, systemic oppression and racism permeates our society. Last week, a peaceful protest organized by student Byron Brooks was held on campus. The event was a powerful demonstration of unity, compassion, hope, and support for humanity. The protest successfully raised awareness and has positively influenced our campus community to continue having needed discussions regarding diversity, inclusion, and equity.

As a counseling staff, we are committed to supporting all students and our role in dismantling oppressive systems is clearly stated throughout our code of ethics. We are committed to helping students navigate difficult conversations and serious challenges. We are here to listen, to understand, and to provide support.

You are not alone in experiencing feelings of hurt and pain, confusion and anger, fear and mistrust. Together we can overcome adversity and in partnership we will heal.

Sincerely, The Personal Counseling Center Staff