We are available for telephone consultations and video conferencing.

To make an appointment, log into your patient portal using your SCSU credentials.

"Diversity is being invited to the party ~ Inclusion is being asked to dance”

How to fight systemic racial inequality while supporting the black community

- Support black owned business in your city – download apps such as black wallet and EatOkra to help locate black owned establishments.
- Pass it on. After you have learned and educated yourself, it’s time to pass the knowledge to the people around you. Hold your friends and family accountable to make a change.
- Help register and educate individuals to vote! Voter suppression is more likely to take place amongst ethnic minorities.
- Amplify black voices through culture, literature and art. The African American Literature Book Club also known as aalbc.com is the oldest and largest popular online bookstore dedicated to Black & African American literature from around the world.

Minority Mental Health Awareness Month

What issues do Multicultural communities face?
- Less access to treatment
- Less likely to receive treatment
- Higher levels of stigma
- Language barriers
- Lower rates of health insurance
- Racism, bias, homophobia, & discrimination in health care system
- Culturally insensitive health care system

The Start to Healing
Talk to your healthcare provider.
- Request a referral for a mental health specialist.
- Work together with your mental health specialist to incorporate your culture into your treatment plan.
- Connect with others through support groups.

Southern Student Resources
Counseling Center
Engleman Hall (203) 392-5475

Health Services
Granoff Hall (203) 392-6300

Wellness Center
Schwartz Hall, (203) 392-711

~ Everything that you are is enough~

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