

May 7, 2020

“What mental health needs is more sunlight, more candor, and more unashamed conversation.”

-GLENN CLOSE



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#MHM20



Each year, May is recognized as Mental Health Month. It's especially important to remember as we are living through unprecedented times that may impact emotional and mental wellness.

The actress Glenn Close, a well-known mental health advocate, said, “What mental health needs is more sunlight, more candor, and more unashamed conversation.” This is so very true - and a perfect time to recognize that is now. Talking about how you feel, knowing you can do so, and understanding that you are not alone has always been important ... and perhaps more so today. We truly are a family at DePaul, here to support one another today, tomorrow and into the future.

As the COVID-19 pandemic and these unprecedented times continue, it's normal to experience a host of emotions and feelings. Coronavirus fatigue is real. Research is showing more and more people are losing patience with the stay at home orders and venturing out farther from their homes. As nice weather emerges, the individuals we serve will also be feeling the need to get out and about.

It is vital to continuously remind everyone the virus has not gone away just because we have flattened the curve of infection. We must continue to be diligent about infection control processes and education about how this virus spreads. It is important to wear face masks and practice social distancing. It's important to support one another through this.

We understand that managing during these times is made easier when we feel connected, when we know we are not alone. Wishing you and yours a week filled with wellness, health and supportive connections.

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