

Dear Marquette Students,

We at MU Counseling Center (MUCC) want to express how incredibly sad, upset, and angry we are after the most recent events in Kenosha earlier this week. We are outraged with the ongoing anti-Black violence and having to witness yet another example of racial injustice, [the shooting of Jacob Blake](#) and subsequent killings/injury of protesters at the hands of a [17-year-old militia member](#). We recognize, in particular, that this incident may have impacted your own community, as it is happening in our own state of Wisconsin. In particular, to our students in our Black community, our hearts go out to you and we stand in solidarity with you.

Given all of the emotions that any one of you may be feeling, we encourage you to take care of yourself and to reach out to MUCC if you are in need of support and a space to process whatever may be on your mind. You can call us at (414) 288-7172, Monday through Friday from 8am until 4 pm. If you are struggling and experiencing a mental health emergency after our business hours, please call MUPD (8-1911) to access our after hours counselor.

We have added specific resource on how to cope with on-going racial-trauma and racial injustice on our [MUCC website](#). Finally, we leave you with a video entitled "[The Weight](#)" by Christina Morton that we hope speaks to the resilience inside each and everyone of you. <https://youtu.be/QVXplGszmEw>



### The Weight by Christina Morton

Wake, wash, dress Grab bag, then pack Laptop, books,  
pens Then anxiety, then fear, and depression I carry it all  
Feel the weight of it digging into shoulders...

[youtu.be](https://youtu.be/QVXplGszmEw)

In Solidarity,  
The MU Counseling Center Staff