

***Acknowledging Ongoing Acts Of Violence***

The news of the recent shooting of 3 Palestinian college students in Burlington, Vermont, is so upsetting. At Brown University, the impact is felt even more acutely. While we still don't know all the details, we do know that just hearing these headlines can have a significant impact on your mental health.

We recognize that news of ongoing violence continues to impact many of you, and we're committed to providing support through these difficult times.

Once again, here are resources for you and your families:

- [Guide to Addressing Discrimination](#)
- [Guide for Supportive Conversations on Highly Sensitive Topics](#)
- [Guide for Managers Leading Supportive Conversations](#)
- [Guide for Parents of College-Age Students](#)
- [Guide for Managing Uncertainty Stress](#)
- WellSprings are always available, whenever [current events are impacting your mental health](#). WellSprings are small group conversations that provide a safe space to acknowledge, share, and process thoughts and feelings.
- You can always tap into [Moments](#) directly from the Spring Health mobile app or your desktop for quick support whenever you need it.

***We recommend the following exercises, to help manage stress, distress, and anxiety:***

- Anxiety Cues
- Deep Breathing
- Creating Calm—Sit Practice
- 7 Minutes of Mindfulness

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**Spring Health is here to support you.**

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Spring Health is here to provide guidance and resources for you to best support yourself, your team, and our campus community.

Learn more about Spring Health services [here](#).

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**Get confidential support:**

[benefits.springhealth.com](https://benefits.springhealth.com)

1-855-629-0554