



*Dear Community Members,*

The Mental Health Association of Rochester/Monroe County acknowledges the incredible pain that so many people in our city, county, community and country are facing as a result of the shocking, violent, and inexcusable death of George Floyd. We will not be complicit in silence.

Racial health disparities in mental health are prevalent and growing. MHA and our affiliates are dedicated and committed to addressing the trauma and lived experience of marginalized communities. We stand with and support our Black community members, and are committed to effecting safe, inclusive, culturally responsive, and trauma-informed change in our community.

MHA supports the Greater Rochester Black Agenda Group in leading the way with their recent [Declaration: Racism is a Public Health Crisis](#). We recognize the impact that acts of racism and violence that persist today have on mental health, especially members of the Black community who have been systemically marginalized.

We are inspired by the activists and peaceful protestors at Dr. Martin Luther King, Jr. Memorial Park over the weekend, and believe that together, we can create a healthy and safe community. We continue to offer mental health services virtually and have made resources available on our website: [www.mharochester.org](http://www.mharochester.org). If you're experiencing emotional distress, crisis counselors are available 24/7, 365 days/year, you can call 1-800-985-5990 or text "TalkWithUs" to 66746. Additionally, Mental Health America has made a free mental health screening available here: <https://screening.mhanational.org/screening-tools>.

Take care and be well,

A handwritten signature in blue ink that reads "Mary Russo". The signature is fluid and cursive, with the first name "Mary" and last name "Russo" clearly distinguishable.

Mary Russo,  
President & CEO