Counseling and Psychological Services
June 1, 2020

Subject: Dismantling Oppression

The staff at Counseling and Psychological Services (CAPS) join the UC San Diego community in collective mourning and outrage at the violence that continues to be perpetrated on Black, Indigenous, & People of Color communities (BIPOC). We recognize that Black deaths and the related protests are a culmination of hundreds of years of anti-Black brutality. The trauma from living in a country that perpetuates the long-term impacts of slavery cannot be healed until systems of oppression are dismantled. We are called to strive daily to understand how we, as individuals and as an organization, can dismantle systems of oppression such as white supremacy, cis-heteropatriarchy and xenophobia. We must be accountable to our community as we move to confront these biased systems. We commit to an ongoing dialog geared toward creating change in our department and community, and we will develop and post on our website a list of our plans for action. It is a critical time for us all to gather to affirm our commitment to diversity, inclusion, and social justice. If you would like support with coping and healing, CAPS is available 24/7, even during the COVID-19 closures, to be in community with you, to provide counseling, to be a listening ear, and to stand firm against social injustices. If you know of other ways we can serve the community, please contact us.

The Staff at Counseling and Psychological Services