



## **CECH Inclusive Excellence Weekly Update**

### **Pride Month 2021**

June is Pride Month, and during this month we recognize the resilience and determination of the many individuals who are fighting to live freely and authentically. We take the time to honor members of the LGBTQIA+ community that have fought for equality in this country and we celebrate how far we have come.

The UC Alumni Association is partnering with the LGBTQ Center to present their Pride Month events. Register for the [“Love Wins: A Conversation with Jim Obergefell”](#) on June 16th and the [LGBTQ Safe Zone Training session](#) on June 29th.

### **Juneteenth 2021**

Juneteenth, recognized on June 19th, celebrates the freedom of the last enslaved people in the southern states on June 19, 1865, in the state of Texas. Although the Emancipation Proclamation outlawed slavery in southern states in 1863, it took two additional years for enslaved people in Texas to learn they were free. Texas was the first state to celebrate Juneteenth beginning in 1980, and today 47 states recognize it as a holiday. Check out these [Juneteenth events taking place in Cincinnati](#).

### **Summer WHY DEI?**

DEI stands for Diversity, Equity, and Inclusion. This is a monthly reminder brought to you by the CECH DEI Board encouraging you to explore a topic related to diversity, equity, and inclusion.

Take a moment to [view our Summer WHY DEI newsletter](#) and discover fun ways you can stay engaged in DEI over the summer. If you are interested in joining our WHY DEI creation and editing team for the 2021-2022 school year, email [Daniele Bond](#).

### **Opportunities**

#### **Tutoring English Language Learner Students**

- SABER Mentorship program focuses on connecting English Language Learners (ELLs) at Dater High School with UC students. Currently they are looking for UC students to

help during the month of June. Find more information [here](#) if you are interested in volunteering. Contact volunteer coordinator Karen Vasquez [vasquekm@mail.uc.edu](mailto:vasquekm@mail.uc.edu) if you have questions.

### **Mental Health Matters**

Mental Health & Social Media: Many individuals are utilizing social media to advocate for mental health through art, literature, podcasts, blogs resources and so much more. Interested in this type of content? Start here!

- [Self Care is For Everyone](#)
- [Sunny Bloom Inspiration](#)
- [Nedra Glover Tawwab](#)
- [Keeley Shaw](#)
- [The Therapist Spot](#)
- [Lori Gottlieb](#)
- [Asians For Mental Health](#)
- [Ji-Youn Kim](#)
- [Anxious Black Girl Comics](#)
- [Inclusive Therapists](#)
- [Mental Matters Podcast](#)
- [Minaa B.](#)
- #MentalHealthAwareness
- #MentalHealthMatters
- #TherapyIsCool

### **Quick Resources**

- [CECH Mental Health Resource Guide](#)
- [CAPS](#) – The University Counseling and Psychological Services for students. Call 513-556-0648 to schedule an initial consultation.
- [Crisis](#) – If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at 1-800-273 TALK (8255)
- [Faculty/Staff](#) – Helping Students in Crisis Through CAPS
- [Impact Solutions \(UC's EAP\)](#) - Faculty and staff mental wellness resources and services.
- [Inclusive Therapists](#) – Inclusive Therapists offers a safer, simpler way to find a culturally responsive, social justice-oriented therapist.

### **Crisis Resources**

- If you or someone you know is in an emergency, call **911** immediately.
- [Faculty/Staff – Helping Students in Crisis Through CAPS](#)
- If you are in crisis or are experiencing difficult or suicidal thoughts, call the National Suicide Hotline at **1-800-273 TALK (8255)**
- You can also text **NAMI to 741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.
- [Know the Warning Signs and Risk Factors of Suicide](#)