



We, PsychSIGN, stand in solidarity with the Black Lives Matter movement. We condemn the longstanding institutionalized racism targeting the Black community. Along with the APA, we call for the prosecution to the greatest extent of the four officers complicit in the tragic death of George Floyd and those involved in the tragic death of Breonna Taylor, Tony McDade, Ahmaud Arbery. Please read the APA official statement on their website linked below.

<https://www.psychiatry.org/newsroom/news-releases/apa-condemns-racism-in-all-forms-calls-for-end-to-racial-inequalities-in-u-s>

We felt compelled to respond to the public reaction to the dire consequences of police brutality and social injustices towards the Black community. Without social equity, there cannot be mental wellbeing, and without mental wellbeing, there is no health. Without health, we cannot be satisfied as medical professionals. With this cycle, we will never reach excellence in the field.

We are entering medicine, a profession dedicated to finding health and wellness. We must speak up consistently when we feel there is egregiousness. It is our responsibility to advocate for ALL our community members. It is our responsibility to condemn racial inequity and police brutality that has taken the lives of people like George Floyd.

As future psychiatrists it is essential we learn about and consciously act against racism as it still plays a role in the practice. We encourage students to learn more about this history of racism, bias, and prejudice in psychiatry. Take time to reflect on your own bias and prejudices. Have conversations and become/remain engaged. Some helpful resources to start are included below:

Donation Links:

- <https://blacklivesmatters.carrd.co/>
- <https://secure.actblue.com/donate/movement-4-black-lives-1>

Articles and books:

- A Naturalistic Study of Racial Disparities in Diagnoses at an Outpatient Behavioral Health Clinic. Michael A. Gara, Ph.D., Shula Minsky, Ed.D. et. al
<https://ps.psychiatryonline.org/doi/full/10.1176/appi.ps.201800223>
- Addressing the Legacy of Racism in Psychiatric Training. Morgan Medlock, M.D., M.Div., Anna Weissman, M.D., Shane Shucheng Wong, M.D., Andrew D. Carlo, M.D.
<https://psychiatryonline.org/doi/full/10.1176/appi.ajp-rj.2016.110206>
- Racism and Psychiatry-Morgan M. Medlock, Derri Shtasel, Nhi-Ha T. Trinh, David R. Williams.
<https://link.springer.com/book/10.1007%2F978-3-319-90197-8>
- The Protest Psychosis- Jonathan Metzel.
https://www.google.com/books/edition/The_Protest_Psychosis/L9utU61499UC?hl=en&gbpv=1&dq=The+Protest+Psychosis-+Jonathan+Metzel&printsec=frontcover
- Institutional Racism in Psychiatry and Clinical Psychology- Suman Fernando
<https://link.springer.com/book/10.1007%2F978-3-319-62728-1>

Join other medical students in mobilizing:

- <https://medstudents.carrd.co/>