

To: Montgomery College Community
From: Dr. DeRionne P. Pollard, President
Subject: Civic Engagement and Mental Health (Update #91)
Date: September 30, 2020

Good afternoon. Today we are rounding out September and peering into October.

While I hope remote working, teaching, and learning are going smoothly, I appreciate that some stressors continue: the unknowns of finances, health, and resources weigh upon each of us in different ways. As we enter the seventh month of our journey, let's pause and remind ourselves how much connection still matters. Take a moment to schedule a Zoom lunch with someone from your office or another division; or make a phone call. Let's revisit the intentionality we had at the start of the pandemic, when we all reached out to colleagues and friends more regularly.

If you need a bit more support, please remember that faculty and staff can turn to the [Faculty Staff Assistance Program](#). Students can reach out for [counseling](#) and group support plus [social connections](#). Finally, [emergency mental health issues](#) can be addressed through several resources.

Civic engagement can also help feelings of insecurity. [Voter registration](#) and ballot requests are available easily. Plus, our first Presidential Dialogue for this academic year is scheduled for October 21 from 7 to 9 p.m. I'll be welcoming Montgomery County Police Chief Marcus Jones for a conversation about social justice, race, and community policing. Please look for more on this upcoming event.

Stay safe, and please wear a mask.