



**University Counseling Center**

**P.O. Box 12874 Southern University Baton Rouge, LA 70813**  
**(Voice) 225-771-2480 (Fax) 225-771-3560**

**To: SUBR Community**

The recent acts of violence demonstrated amid protests of injustice and disregard for human life have added to the existing and overwhelming stress the country is experiencing due to the COVID-19 pandemic.

The UCC recognizes the anger, pain, and anxiety you may be feeling. We also recognize and acknowledge the impact these injustices have on our students and campus community's mental health and well-being. Please know that you're not alone. If you need to reach out, feel free to contact the UCC staff through our email at [counselingcenter@subr.edu](mailto:counselingcenter@subr.edu) or by phone at 225-771-2480 and a staff member will contact you within one to two business days. However, if you're in imminent need please dial 911 or use the appropriate number listed on this page.

Continue to stay safe,

SUBR University Counseling Center

