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Dear Guarini Community:

I am delighted to be writing to announce our month-long series of events, workshops, and seminars exploring and celebrating the importance of good mental health. This is the sixth annual Mental Health Awareness month for the Guarini community, and I remain grateful to the efforts of the Graduate Student Council members who established this event in the Guarini community calendar.

Dartmouth is committed to improving mental health on campus and in April, the Provost sent a notice of recent updates and findings from our partnership with JED. You can read about those [here](#).

A key point of note for the graduate community is developing connections and life-skills. We are collaborating with partners across campus to offer workshops and events that will provide opportunities to connect in meaningful ways while also offering strategies to promote good mental health. Details of those events are on our [website](#).

As in previous years, I encourage our faculty mentors to be receptive to giving graduate students and postdocs some extra time off, and I encourage you to speak with them about your state of mind (and perhaps theirs) and taking a long weekend to focus on you and your happiness. A full list of resources for mental health support can be found [here](#).

Please continue to take care of yourselves, and also keep a caring eye out for others in our community. I wish you all a healthy, productive, and satisfying spring, and hope to see you around Anonymous Hall.

Jon Kull  
Dean of Graduate and Advanced Studies