



DARTMOUTH Guarini School of Graduate and Advanced Studies

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Dear Guarini Community:

Although we are now in the month of May, there is still a cold edge to the air as I write this letter. This past winter has certainly felt like one of the longer ones we've experienced in Hanover, and after two years of pandemic and counting, perhaps we are all feeling more ragged and run-down than usual. It is fitting, then, that May is the month the Guarini School promotes increased awareness of mental health.

I am deeply grateful to the efforts of the GSC in developing what has become an annual event, now in its fifth year of a month-long campaign to raise awareness, provide tips and resources, and events in celebration of positive mental health among our Guarini community.

Balancing good mental and physical health have become more challenging over the past years. The pandemic, combined with exposed fissures in our society, continued international unrest, and climate concerns, weigh on all our minds and have challenged our mental health at unprecedented levels. It is more important than ever to practice good self-care, seek out help when we need, and develop healthy strategies for balancing family, life, and work commitments.

As you know, Dartmouth began a partnership with the [JED Foundation](#), a non-profit organization that works to strengthen student mental health programs and systems on campus. Last month I and several graduate students, faculty, along with deans from Guarini, Thayer, and Tuck met with representatives from JED to begin developing a strategic plan for Guarini, Thayer, and Tuck graduate and professional students based on information collected in the surveys, the self-study, and the site visits. I look forward to sharing updates with you on that process.

As in previous years, I am encouraging 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.

I encourage you to visit the [Guarini School website](#), to follow us on social platforms, and to keep in touch with the GSC to learn more about the events and activities taking place this

month, as well as to note that these mental health supports are available to you all year round.

Many of these feature in the [Resource Guide](#) developed by the GSC, and several more are featured on the [Student Wellness Center website](#). For postdocs, faculty, and staff, several resources are available on the [Faculty/Employee Assistance Program website](#).

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.

A handwritten signature in black ink, appearing to read "J. Kull", with a long horizontal flourish extending to the right.

Jon Kull
Dean of Graduate and Advanced Studies