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### 2020-05-08 A Message from Chancellor Roth

Paul B. Roth

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# HEALTH SCIENCES

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## OFFICE OF THE CHANCELLOR

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### A Message from Chancellor Roth

Dear Colleagues:

We have all had a lot to contend with over the past couple of months as the COVID-19 pandemic has put tremendous strain on the health care system, closed our campus and disrupted critical research.

These developments have been accompanied by considerable uncertainty about how and when our daily routines will start to regain some semblance of normality. It's little wonder that many of us are feeling more anxiety than usual.

To deal with this, the UNM Psychiatry and Psychology Faculty Clinic is expanding its services to provide counseling support for any Health Sciences employee who might be experiencing distress.

The clinic offers supportive counseling and medication-based treatment when needed. The sessions, conducted via Zoom, are confidential and free, and no record of a session is entered into the electronic medical record.

Counseling is being provided by the clinic's regular staff, as well as faculty and resident volunteers from the department. This service will be provided for the duration of the COVID crisis, and for a limited time afterward.

Some of those providers and Health Sciences employees who request ongoing treatment will be seen by regular clinic staff, and some will be offered other alternatives. To schedule an

appointment, please reach out to clinic coordinator Dalia Thompson at (505) 272-6130.

I encourage you to take advantage of this resource if you are experiencing difficulty. Dealing with difficult feelings sooner, rather than later, has been shown to lead to better long-term outcomes.

In the meantime, there is much we can do to help keep our spirits up – with exercise being one of the most effective strategies. With that in mind, I urge you to take some time to get outside this weekend (while continuing to observe social distancing) and enjoy the spring weather.

Warm regards,

A handwritten signature in cursive script, appearing to read "Paul B. Roth".

Paul B. Roth, MD, MS  
Chancellor for Health Sciences  
CEO, UNM Health System  
Dean, UNM School of Medicine

Please visit the [New Mexico Department of Health website](#) for the latest COVID-19 updates.