Dear Medical Students and Medical Education Colleagues,

For the second time in two weeks, gun violence has led to the mass murder of people who were simply going about their usual daily activities: working, celebrating, grocery shopping. Mothers, fathers, sons, daughters, wives, husbands, friends are now facing a future without their loved ones. Their pain must be immeasurable; their suffering brings tears to our eyes.

We weep in sorrow for lives cut short and for communities in shock. We weep in despair for the racism, misogyny, xenophobia and all forms of hatred that lead individuals to turn a gun on other human beings. We also weep in rage at the elected officials who have allowed partisan politics to distract them from their obligation to fulfill the most basic responsibility of any government: to keep those living in their communities alive.

One of the responsibilities of education is to prepare our students to use their education to be effective citizens. Regardless of your politics or views on gun ownership, we encourage you to learn about gun violence as a true crisis in American public health (resources and analysis at: APHA and Vox). In addition to the horrors of these mass murders, almost 40,000 people are killed each year by gun homicides, suicides, and accidents. This is the same number of deaths that we see from some of the most common cancers. Physicians, in their care of patients, in their work as advocates for health, and in their role as voting citizens have many points of leverage:

- We interact with patients who use guns for hunting and sport: we can work with those patients to help them store their guns safely and keep them away from children and others who may use them for harm.

- We work with families who are concerned about loved ones with serious mental illness: we can work with our legislators to enact common sense gun policies that prevent people from impulsively purchasing a firearm and for extreme risk protection orders so that those families can help remove guns that may lead to deaths.

- We will care for patients who have been injured by guns: we can advocate for research into ways to prevent the next gun shot wound.

Please take time to check in with your loved ones today and take care of yourselves. Remember the resources that are available to you and please reach out to any of us if we can help you.

Take care of yourselves and others,

Medical Education Deans
UCSF School of Medicine

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Student Support Resources

- **Medical Student Well-Being Program**: Provides support for our students focusing on mental and physical health, as well as spiritual, financial, environmental, and social well-being. (415) 476-0468

- **Free Psychotherapy and Medication Management**: The staff for this program is especially trained in working with medical students. This service is free to all medical students and will always be confidential. Please schedule an appointment with Howard Rubin, MD or Vittorio Comelli, Psychologist via email or by calling 415-476-0468.

- **UCSF Student Health & Counseling**: (415) 476-1281, option 2

- **Student Experience Team and Medical Student Dean on Call (after hours issues)**: (415) 476-1216, option 1

- **CARE Advocate**: (415) 502-8802 or email: care@ucsf.edu

- **National Suicide Prevention Lifeline**: 1-800-273-TALK (8255)

- **National Crisis Text Line**: 741-741

- **MedPeers Program**: Connects medical students with peers who have completed at least three years of medical school. Email medpeer@ucsf.edu and the MedPeer on call will respond within 12-24 hours.