

SINGULA 1 INSTITUTE

<http://www.singulainstitute.org>

Dear Singula Community,

We wish you a safe and enjoyable holiday weekend. I know that this journey has been trying for everyone. We have learned how to connect and reconnect in creative and more simple ways. I hope that you continue to do so together through this weekend.

When you have a moment, please check out our new website: <http://www.singulainstitute.org>. On Monday I bragged about our accomplishments, but now you can see for yourselves- especially when you read about our new team members and all the great things we've been doing to build our great community! We encourage everyone to share our website with others. And of course, please follow us on Linked In, Facebook, and Instagram for up to date and relevant information about mental health issues, concerns, and current research.

I wanted to personally thank Carlos Velasquez and Stephen Tosh from the BCNY for the opportunity to be a panelist on yesterday's talk entitled "Living Behind the Mask". At Singula Institute, an important aspect of our mission is to reduce stigma in mental health through education and dialogue. Please let us know if there are any opportunities for Singula in your respective communities.

As you know, this week has been UK's Mental Health Awareness Week (<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>). Their theme of KINDNESS ties into yesterday's BCNY talk last evening, where I highlighted that behind our masks are ways that we socially connect. Although

our nose, mouth, and cheeks are covered with the mask, our eyes and forehead can still be seen. In my time as a medical student rotating in the operating room where everyone wears a mask, many things were coordinated through this limited means of social communication. A head nod, eye contact, and body tone were all ways to communicate important messages. As we begin to head outside and into the public, our kindness can be seen in these limited but meaningful ways.

That said, kindness can sometimes allude us during times of stress and chaos. If we take the moment to be kind, more often than not, we receive that kindness back. We have and we will get through this time of adversity together.

Kindly,



Marc S. Lener, M.D.
Chief Executive Officer
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