

DEPARTMENT OF PSYCHIATRY NEWSLETTER May 2025

May

is Mental Health
Awareness Month

Mental health—how you think, feel and act—can change over time due to factors like workload, stress and work-life balance. The COVID-19 pandemic and quarantining certainly qualify as stressful factors.

1 in 5 Americans experience mental illness each year.

1 in 25 Americans live with a serious mental illness.

2.4 million live with schizophrenia.

6.1 million live with bipolar disorder.

16 million live with major depression.

42 million live with anxiety disorders.

Here are some strategies to help you thrive during uncertain times:



Find the positive.

It's natural to go through a grieving process after the loss of a relationship, job or loved one. Remember the good times and focus on what makes you happy.



Create healthy routines.

Healthy routines include eating a nutrition-rich diet, exercising and getting enough sleep. It's OK if your routine is not the same every day. Start with small changes.



Own your feelings.

It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.



Connect with others.

Connections help enrich your life and power through the tough times. Whether in person or virtually, connect with and lean on your support group.

If you're struggling with your mental health during these trying times, you're not alone. If you have concerns about your mental health, please contact a mental health professional.

This infographic is for informational purposes only and should not be construed as medical advice.
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Dear Colleagues:

I am writing this to let you know that our Department faculty, who serve as programmatic leaders, has selected this year's Silverman Award recipient.

The purpose of the award is to "support a chosen outstanding faculty member who shows exemplary skills in teaching the next generation of mental health providers."

I am delighted to let you know that Dimal Shah, MD has been aptly selected as the recipient of this year's Silverman Award.

It is great to see outstanding contributions in educational endeavors are recognized.

And Dr. Shah's exceptional dedication to teaching acknowledged.

Please join me in congratulating Dr. Shah for a job exceptionally well done!



CULTURAL FESTIVAL

The Cultural Festival provides an opportunity to raise awareness about health and wellness while celebrating different cultural backgrounds. It is geared to help educate our community on health practices, promote healthy lifestyles, and foster community collaboration.

EVENT HIGHLIGHTS

Taste of Culture

Enjoy delectable foods from the local community during the festival.

Live Entertainment

Experience captivating music and cultural performances by local dancers.

Healthcare Education

Learn early signs of health conditions and smart ways to address them.

Art and Literature

Enjoy fun health related activities for kids and adults. Reading Circle, Face Paint, Children's Wellness Tent and more!

 More Information
www.vcuhealth.org



11 AM - 2 PM

14

JUNE

VCU HEALTH

12TH STREET
RICHMOND, VA 23298

"Free parking at Children's Hospital"

CONGRATULATIONS DR. VASSILEVA!

"Your grant is a reflection of your leadership and contributions to society. The Fulbright Program is devoted to increasing mutual understanding between the people of the U.S. and the people of other countries. Fulbright is the world's largest & most diverse international education exchange program"



WAY TO GO, DR. SHEERIN!

The Wright Regional Center for Clinical and Translational Science has awarded funding for your research project titled "Remote assessment of trauma-related experiences and drinking (RATED)"



AWESOME NEWS, DR. KENDLER!

The National Institutes of Health hereby awards a grant in support of the *Risk Pathways to Major Depression: Integrating Genetic-Epidemiological, Developmental, and Molecular Genetic Strategies in Danish and Swedish National Registers* project.

