Letter from the Editor

Welcome to the premiere edition of the Cole Resource Center’s newsletter: “Resources for Resilience.”

The main goals of the Cole Resource Center are to increase patient and family access to therapy and to reverse stigma in the community. We also educate the public about mental health and provide emotional support to patients, their families and friends.

The Cole Resource Center is located in the de Marneffe Building on the campus of McLean Hospital in Belmont, MA. The Center is named after the late Jonathan O. Cole M.D; Professor of Psychiatry, Harvard Medical School and Senior Consultant in Psychopharmacology at McLean Hospital.

The writers and contributors to “Resources for Resilience” are passionate regarding the state of mental health internationally. We are all patients, clinicians, or other members of the mental health community.

This newsletter is divided into six topics: Introduction, Clinician’s Corner, Peer Perspective, Holistic Approach, Family Experience and Volunteer Insight.

We will present “Resources for Resilience” monthly for now and possibly twice a month later on.

I encourage anyone interested in mental health to stop by the Cole Resource Center and use the facility. We are open Monday-Friday 8:00AM-5:00PM.

All of us at the Cole Resource Center hope the reader finds our newsletter both interesting and meaningful. We also hope you encourage your friends to sign up online and read “Resources for Resilience.”

Sincerely,

Ken Gustin

Editor and Founder

“Resources for Resilience”