We Remember Them

by Roland B. Gittelsohn

In the rising of the sun and in its going down, we remember them.

In the blowing of the wind and in the chill of winter, we remember them.

In the opening of buds and in the rebirth of spring, we remember them.

In the blueness of the sky and in the warmth of summer, we remember them.

In the rustling of leaves and in the beauty of autumn, we remember them.

In the beginning of the year and when it ends, we remember them.

When we are weary and in need of strength, we remember them.

When we are lost and sick at heart, we remember them.

When we have joys we yearn to share, we remember them.

So long as we live, they too shall live, For they are now a part of us, as we remember them.
UNC Health proudly offers a variety of well-being resources to support you through the day-to-day stressors during this unprecedented time.

You can find these resources on our website at unchealthcare.org/wellbeing.

If you need to talk to someone today

Internal Program:
• UNC Healing Heroes Helpline (H3)
  • 984-215-5655

External Program:
• Hope4Healers (Funded by DHSS)
  • 919-226-2002

If You Want to Make an appointment with a Mental Health Provider
• UNC Outpatient Psychiatry
  • 984-974-5217, Option 2
• Employee Assistance Program
• Taking Care of Our Own