

## RESOURCES BELOW:

### Counseling

- [CAPS](#): Talk with a Psychologist
- [Well-Being @ Stanford](#): Talk with a well-being coach
- [Bridge Peer Counseling](#): 24/7 peer support counseling and support on the phone
- Grieving at Stanford
- [Sexual Harassment/Assault Response & Education \(SHARE\): Education Team](#): Talk with staff members who are professionally trained in matters related to sexual violence, stalking, sexual harassment, gender-based discrimination, positive sexuality and healthy relationships.

### Join Community

- [ILLUMINATE](#): A virtual night of poetry in solidarity with Asian and Asian American communities taking place on Friday March 19, 2021.
- [Stand with Asians & Pacific Islanders in Solidarity to Denounce Racism](#): An in-person event taking place on Saturday March 20, 2021 in Brisbane, CA.

### Educate and Learn

- Start by educating yourself. Today's upsurge in anti-AAPI violence is not new, but rather part of a long history of anti-Asian violence in the United States. This history includes, for example, the [Naturalization Act of 1790](#), the [Chinese Exclusion Act of 1882 and the Geary Act of 1892](#), and President Franklin Roosevelt's [Executive Order](#) establishing Japanese internment camps.
- [COMPASS Study](#): Important brief that includes key findings on a national survey with more than 5,000 AAPI across the U.S. about COVID-19-related discrimination among Asian Americans and Pacific Islanders (AAPI). The brief reports on our COVID-19 Effects on the Mental and Physical Health of AAPI Survey Study (COMPASS) findings.
- Move beyond the model minority stereotype that not only limits AAPI colleagues but also prevents us from recognizing the breadth of AAPI experiences in the United States.
- [Learn why the trope of Black-Asian conflict in the wake of anti-Asian violence dismisses solidarity.](#)
- [Learn how to have conversations around allyship.](#)

### Donate

- [Victims of Violent Crimes in the Bay Area](#)
- [Support the Cause Against Anti-Asian Violence](#)
- [Asian Americans Advancing Justice in Atlanta](#)
- [Center for Pan Asian Community Services](#) based in Atlanta, Georgia

### Volunteer

- [Help escort seniors in Oakland's Chinatown.](#)
- [Compassion in Oakland](#) is looking for additional volunteers to help with their organization's operations.
- Volunteer at a [COVID-19 vaccination site](#).
- Become a member of [Asian Staff Forum](#), [Filipino American Community at Stanford](#) or other [Stanford staff affinity groups](#) overseen by the [Diversity & Access Office](#).

### Support

- Reach out to AAPI colleagues to see how they are doing and to stand in solidarity. If you are not sure how to do so, start by acknowledging that the news is distressing and offer specific help. [Check out Jennifer Liu's CNBC article for](#) some suggestions.
- Use and share mental health resources, such as:
  - [13 AAPI Mental Health & Wellness Resources for Asian-American Communities](#)
  - [Asians Do Therapy](#)
  - [Asians for Mental Health](#)
  - [Asian Mental Health Collective](#)
  - [Brown Girl Therapy](#)
  - [Inclusive Therapists](#)
  - [Melanin Mental Health](#)
  - [National Asian American Pacific Islander Mental Health Association](#)
  - [Project Lotus](#)
  - [South Asian Therapists](#)
  - [The Allied Minds](#)
  - Somatic Specific Therapy Sites:
    - [Somatic Experiencing](#)
    - [Generative Somatics](#)
    - [Sensorimotor Psychotherapy](#)
- Tap into Stanford-provided mental health resources, including the [Faculty Staff Help Center](#) and the new [MeruHealth](#) resource, a 12-week online program for your mental health needs.
- Create spaces. If you are a manager or instructor, let your AAPI employees know that it's okay to take time away from work for self-care and offer time to your students to process what is happening or to attend an event.
- Speak up when you hear someone expressing discriminatory ideas about Asians. There have been reports on campus of people referring to Asians by slanting their eyes. Don't overlook these harmful microaggressions and instead [confront them in the moment](#). Consider joining [free workshops](#) on bystander intervention, conflict de-escalation, and how to respond to harassment.
- Order takeout from local Asian food restaurants and support your local Asian- and Asian American-owned small businesses.

## Report

- If you see something, say something! Report an incident with [Stop AAPI Hate](#) and [Stand Against Hatred](#).
- If an incident happens on campus, please report student-related incidents to [the Dean of Students](#) or to [Acts of Intolerance](#). Staff are encouraged to approach their Human Resources manager.

## Take Action

- Sign the [Stop COVID-19 Disinformation petition](#).
- Reach out to lawmakers to call for gun safety. [Everytown for Gun Safety](#) has a lot of great information/resources about how to advocate in this way.