

## RESOURCES FOR ASIAN AMERICAN PACIFIC ISLANDER (AAPI) SUPPORT AND ANTI-RACIST ACTIONS

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Please also see [Anti-Asian Violence Resources](#) by the [Asian American Psychological Association](#).

### Mental Health

- [Tender, Loving Self-Care for Asian Americans: A guide for tending to the traumas of anti-Asian violence and racism](#). has 8 tips from social entrepreneur [Due Quach](#).
- [Racial trauma toolkit](#) (Boston College)
- [ABC news feature](#) with [Dr. Doris Chang](#) on coping strategies for Asian Americans, allyship, and cross-racial solidarity in uprooting racism
- Crisis line: 1-800-273-TALK
- Asian language crisis support: 1-877-990-8585
- Crisis text line: Text "CONNECT" to 741741
- [Asian, Pacific Islander, and South Asian American \(AISAA\) Therapist Directory](#) (Asian Mental Health Collective)

### What to send people when they deny that the Atlanta shooting is racially motivated.

- NBC news piece, "[Racism, sexism must be considered in Atlanta case involving killing of six Asian women, experts say](#)," by Kimmy Yam

### Education and information about anti-AAPI racism and hate crimes

- This [The Atlantic article](#) explores the the "triangulation of racism" where Asian Americans are used as a wedge in racial politics.
- Huff Post op-ed, "[This is What No One Tells You About Being Asian in American in 2021](#)," by psychotherapist Sharon Kwon
- [Written testimony](#) from the [Asian American Psychological Association](#) submitted to the March 18, 2021 US House of Representatives hearing on "Discrimination and Violence Against Asian Americans"
- CNN opinion piece, "[To be an Asian woman in America](#)," by Jennifer Ho
- Recent [national report of documented anti-Asian hate crimes](#) by [Stop AAPI Hate](#), to report anti-Asian racism and to donate/lend support
- [Fact sheet on anti-Asian prejudice](#) by the [Center for the Study of Hate & Extremism](#)

### What about the children/teens?

- EmbraceRace.org is a great resource for parents interested in talking about race with their children, and they will be hosting a webinar on March 24th at 8:30pm EST titled, "[Violence Against Asian Americans: How Do We Support the Children?](#)"
- [Asian American Mental Health Resources for Parents](#) has great links to articles on how to talk to children and teens.
- [Statement condemning anti-Asian hate crimes](#) from the Society of Research in Child Development's Asian Caucus

## Additional organizations/ways to donate and support

- GoFundMe for [Victims of Violent Crimes in the Bay Area](#)
- Asian Law Caucus: <https://www.advancingjustice-alc.org/>
- APIENC: API Equality: <https://apienc.org/>
- Asian Prisoner Support Committee: <https://www.asianprisonersupport.com/>
- Asian Americans Advancing Justice: <https://www.advancingjustice-aajc.org/>
- AAPI Women Lead: <https://www.imreadymovement.org/>

## Allyship

### TO BE AN ALLY IS TO...

1. Take on the struggle as your own.
2. Transfer the benefits of your privilege to those who lack it.
3. Amplify voices of the oppressed before your own.
4. Acknowledge that even though you feel pain, the conversation is not about you.
5. Stand up, even when you feel scared.
6. Own your mistakes and de-center yourself.
7. Understand that your education is up to you and no one else.

See guide to allyship: <https://guidetoallyship.com/>

Pitt lists **The DOs and DON'Ts of Allyship** (<https://pitt.libguides.com/antiracism/ally>)

### THE DOS

- **Do** be open to listening
- **Do** be aware of your implicit biases
- **Do** your research to learn more about the history of the struggle in which you are participating
- **Do** the inner work to figure out a way to acknowledge how you participate in oppressive systems
- **Do** the outer work and figure out how to change the oppressive systems
- **Do** amplify the voices of those without your privilege both online and when physically present
- **Do** learn how to *listen* and accept criticism with grace, even if it's uncomfortable

### THE DON'TS

- **Do not** expect to be taught or shown. Take it upon yourself to use the tools around you to learn and answer your questions
- **Do not** participate for the gold medal in the "Oppression Olympics" - you don't need to compare how your struggle is just as bad
- **Do not** behave as though you know best
- **Do not** take credit for the labor of those who are marginalized and did the work before you stepped into the picture
- **Do not** assume that every member of an underinvested group feels oppressed

### Excerpts to watch:

- Daniel Dae Kim testimony to Congress: <https://youtu.be/svh-H5mMz2Q>
- Trevor Noah: <https://youtu.be/uL7dTFnByVs>

- Amber Ruffin’s “How did we get here”:  
<https://www.youtube.com/watch?v=cZGj9QjxtdY>
- Grace Kao’s (Chair and IBM Professor of Sociology and Professor of Ethnicity, Race, and Migration at Yale; formerly at Penn Sociology for 20 years) interview on CNN:  
<https://video.snapstream.net/Play/1IWQrKMlrc5SI0ve4YMNu?accessToken=c9x2ta1mhyfjf>
- Poem by @shrrycola: <https://twitter.com/i/status/1372224240036941826>
- Alice Tsui at AAPI rally: <https://www.youtube.com/watch?v=jsICQ2Q4LVs>

#### History:

- Watch PBS’s “Asian Americans”, a series of five 1-hour episodes that delivers a bold, fresh perspective on a history that matters: <https://www.pbs.org/show/asian-americans/>
- Anti-Asian Racism:
  - <https://www.washingtonpost.com/history/2021/03/18/history-anti-asian-violence-racism/>
  - <https://www.today.com/news/anti-asian-violence-history-anti-asian-racism-us-t210645>
- Black & Asian solidarity and tensions:
  - <https://www.cnn.com/2021/03/19/opinions/black-asian-american-solidarity-jones/index.html>
  - <https://www.vox.com/22321234/black-asian-american-tensions-solidarity-history>
- Need for Asian American history in education:
  - <https://www.cnn.com/2021/03/21/opinions/fight-back-anti-asian-hate-education-dhingra/index.html>
  - <https://www.teachandtransform.org/>

#### Scholarship:

- Pandemic related discrimination among Burmese and Bhutanese refugees (PolicyLab)  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7924016/>
- Potential impact of COVID-19 related racial discrimination on the health of Asian Americans (AJPH) <https://pubmed.ncbi.nlm.nih.gov/32941063/>

Additionally, these sites below have compiled AAPI org lists (some of my listings below may overlap):

- <https://www.diversitybestpractices.com/news-articles/asian-american-organizations-you-need-know>
- <https://browngirlmagazine.com/2020/06/7-asian-american-advocacy-organizations-you-have-to-follow-in-2020/>

#### Orgs:

- **Asian Americans Advancing Justice:** <https://www.advancingjustice-aaajc.org>
- **Asian Mental Health Collective:** <https://www.asianmhc.org>
- **Asian American Journalists Association:** <https://aaaja.org>
- **Asian American Legal Defense and Education Fund:** <https://www.aaldef.org>
- **Center for Asian Pacific American Women:** <https://apawomen.org>
- **Stop AAPI Hate:**

- **Hate is a virus:** <https://hateisavirus.org>
- **National Asian Pacific American Women's Forum:** <https://www.napawf.org>
- **AAPI Women Lead:** <https://www.imreadymovement.org>
- **Inspire Justice:** <https://weinspirejustice.com>
- **Asian Female Entrepreneur Collective:** <https://afecollective.com>

#### Local Orgs:

- **SEAMAAC** <https://www.seamaac.org/>
- **Cambodian Association of Greater Philadelphia** <http://cagp.org/>
- **Vietlead** <https://www.vietlead.org/>
- **Asian Americans United** <https://aaunited.org/>
- **Asian Arts Initiative** <https://asianartsinitiative.org/>
- **Philadelphia Folklore Project** <https://www.folkloreproject.org/>

#### Training

- **Asian American Racial Justice Toolkit:** <https://www.asianamtoolkit.org>
- **Bystander & De-escalation guide and training:** <https://www.ihollaback.org/>