

Resources to Support and Stand in Solidarity with Asian & Pacific Islander Americans

Mental Health Resources:

- Racial Trauma Toolkit from Boston College [#racialtraumaisreal](#)
- [APISAA Therapist Directory — Asian Mental Health Collective](#)
- [ACTD — Asian Mental Health Collective](#) (Canada)
- [Comment Thread : Asian or non-Asian therapists/coaches/healers who feel equipped to support the Asian community right now at reduced fee](#)
- [subtle asian mental health](#)
- [Lai Chien Therapy](#): Pay-as-you-wish group therapy for Asian Pacific Americans
- Phone numbers:
 - Crisis Line: 1-800-273-TALK
 - Asian Languages: 1-877-990-8585
 - Text Crisis Line: Text "Connect" to 741741
- [Anti-Asian Racism Resource | Counseling and Mental Health Services](#)

Zines, Art, Resource Lists, Readings, and Toolkits:

- [Asian American Feminist Antibodies](#) Frameworks, Stories, and Resources from the Asian American Feminist Collective & Bluestockings NYC
- [Resources — Asian American Feminist Collective](#)
- Read: [Black and Asian-American Feminist Solidarities: A Reading List — Black Women Radicals](#)
- Resource List: [Ways to Support Asian Americans During COVID-19](#)
- Resource List: [Supporting Asians and Asian-owned Businesses : AsianMasculinity](#)
- Read: [How to help struggling Asian American communities amid coronavirus pandemic](#)
- Report an Incident: [STOP AAPI HATE](#)
- Resources: [STOP AAPI HATE - RESOURCES](#)

Donations, Petitions, and Other Actions:

- Donate:
 - [Contribute to Chinatown Recovery Efforts — ThinkChinatown](#)
 - [Save Our Chinatowns](#)
 - [Emergency Small Business Relief Fund | Asian Americans for Equality](#)
 - [Help Our Small Businesses Survive COVID-19 | Give In May](#)
 - [Fundraiser by Eda Yu : Support the Cause Against Anti-Asian Violence](#)
 - [Donate | AAPI Women Lead](#)
 - [Fundraiser by Jacob Azevedo: Personal alarms to those who need them](#)



- [Fundraiser by The Black Bay Area: Victims of Violent Crimes in the Bay Area](#)
- **Petitions:**
 - [Petition · End Hate Crimes Against Asian Americans](#)
 - [Petition · Get Mainstream News Coverage Of National Elderly Asian American Assaults](#)

Orgs to Support:

- [Home - Asian Pacific Environmental Network](#)
- [Asian Prisoner Support Committee](#)
- [Take Action — Filipino Community Center](#)
- [Building transgender, non-binary, and queer API \(Asian and Pacific Islander\) power - APIENC \(API Equality – Northern California\)](#)
- [Chinese Progressive Association | Educate. Organize. Empower!](#)
- [Asian Americans Advancing Justice | Asian Law Caucus](#)
- [API Women | AAPI Women Lead | United States](#)

Instagram Infographics & Accounts:

- [AAPI Women Lead: #EndAntiAsianViolence](#)
- [Aimee Song on Instagram: #STOPASIANHATE](#)
- ["TO MY NON-ASIAN FRIENDS AND FOLLOWERS- Condemn Anti-Asian Violence"](#)
- [Dear Asian Youth on Instagram: "STOP THE HATE CRIMES AGAINST OUR ASIAN ELDERS."](#)
- [Kim Saira \(she/her\): "Being Anti Racist Includes Acknowledging the Asian American Experience"](#)
- [Kim Saira \(she/her\): "How to Be An Ally + Help Asian Americans Fight Anti-Asian Racism"](#)
- [Huyen Dinh: 5 Ways to Help #StopAsianHate](#)
- [Dear Asian Youth \(@dearasianyouth\)](#)
- [AAPI Women Lead \(@aapiwomenlead\)](#)
- [Jenny Wang, PhD \(She/Her\) \(@asiansformentalhealth\)](#)