The following is a list of valuable resources on Anti-Asian Hate.

**Resources on Anti-Asian Hate**

AAPI COVID-19:

<https://www.aapicovid19.org/>

AAPIP:

<https://aapip.org/what-we-do/supporting-api-communities-resource-directory/view-all-resources>

Advancing Justice:

<https://www.advancingjustice-aajc.org/>

Asian Pacific American Labor Alliance (APALA), Pittsburgh Chapter:

[APALA Pittsburgh | Facebook](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fapalapgh%2F&data=04%7C01%7CARS296%40pitt.edu%7C0a2d089f769b4feb66c108d8ed67404f%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520374998111443%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=9qMt7VvmHo3%2FwwA35wjK%2F5sUgEqM3HkpE%2BHHgLYr1Ms%3D&reserved=0)

Asia Society:

<https://asiasociety.org/sites/default/files/inline-files/Resources%20for%20Combating%20Anti-Asian%20Racism.pdf>

The Department of East Asian Languages and Literatures Statement and Resources:

<https://www.deall.pitt.edu/antiracism-resources-support-asian-asian-american-and-pacific-islander-communities>

Harpers Bazaar:

<https://www.harpersbazaar.com/culture/politics/a35862857/stop-asian-hate-organizations-to-support/>

Hate is a Virus:

<https://hateisavirus.org/resources> | [https://hateisavirus.org/take-action](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fhateisavirus.org%2Ftake-action&data=04%7C01%7CARS296%40pitt.edu%7Cbc8941570fac4ad271fa08d8efa1040d%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637522822116957463%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=J4b1KIrU49oAh4JWmfW%2BYBu2ox3xm8Czs08MlKBLi20%3D&reserved=0)

Hollaback! Workshops:

<https://www.ihollaback.org/harassmenttraining/>

<https://www.ihollaback.org/bystanderintervention/>

Learning for Justice:

<https://www.learningforjustice.org/magazine/how-to-respond-to-coronavirus-racism>

PBS:

[What you can do to fight violence and racism against Asian Americans | PBS NewsHour](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.pbs.org%2Fnewshour%2Fnation%2Fwhat-you-can-do-to-fight-violence-and-racism-against-asian-americans&data=04%7C01%7CARS296%40pitt.edu%7C078285fba0864a29bc6e08d8f0567bb6%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637523601856289526%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=tMeRRyNTgc0Yxtt%2FBmodiYnYdZ89o%2FL7OtrIy9c%2Fylw%3D&reserved=0)

[https://www.pbs.org/parents/thrive/how-to-talk-honestly-with-children-about-racism](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.pbs.org%2Fparents%2Fthrive%2Fhow-to-talk-honestly-with-children-about-racism&data=04%7C01%7CARS296%40pitt.edu%7Cb230fc5186ca4f814ee708d8f44aa396%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637527948687862905%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=JxEUcMutczeC6VFmGTHfCYYmS7fwWyRB1vH4SKAXG5c%3D&reserved=0)

Pennsylvania:

<https://www.pennsylvasia.com/>

Pennsylvania Commission on Asian Pacific American Affairs:

[Commission on Asian Pacific American Affairs | Governor Tom Wolf](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.governor.pa.gov%2Fabout%2Fpennsylvania-commission-asian-pacific-american-affairs%2F&data=04%7C01%7CARS296%40pitt.edu%7C0a2d089f769b4feb66c108d8ed67404f%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520374998121399%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=mu%2Fq3GX6eYx5luAIhyhyLjmHWftAqbliLaEpDLqcZBo%3D&reserved=0)

Pitt Global Hub:

<https://www.globalhub.pitt.edu/programming/combatting-anti-asian-violence> <https://www.youtube.com/watch?v=_NT62dJW2NI>

Welcoming Pittsburgh (from Mayor's office):

[Welcoming Pittsburgh - Immigrants (pittsburghpa.gov)](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fpittsburghpa.gov%2Fwp%2F%2Findex.html%3Fpage%3Dwelcoming-pittsburgh-plan&data=04%7C01%7CARS296%40pitt.edu%7C0a2d089f769b4feb66c108d8ed67404f%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520374998121399%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=NQLGLhKM1L%2BxA2YmrSxKc8E5T228R6wbDiD4xF2K1hI%3D&reserved=0)

*The resources below were compiled by Kim Saira (Student Member of PEIC).*

**Mental Health Resources**

Racial Trauma Toolkit by Boston College

[https://www.bc.edu/bc-web/schools/lynch-school/sites/isprc/isprc-advisory-board.html](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.bc.edu%2Fbc-web%2Fschools%2Flynch-school%2Fsites%2Fisprc%2Fisprc-advisory-board.html&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329460754%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ng2usa7Xt7KC4pqNFXY8q8e3SVuLBCH0iLSJzrvMWj0%3D&reserved=0)

@AsianMentalHealthCollective

Asian Pacific Islander Desi American Therapist Directory

[https://www.asianmhc.org/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.asianmhc.org%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329470703%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=SkpJ5TzkaxeyPpx3RLvgg7yt5%2BIZ5UoBEc6n2weWsFc%3D&reserved=0)

@AsiansForMentalHealth

[https://www.instagram.com/asiansformentalhealth/?hl=en](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Fasiansformentalhealth%2F%3Fhl%3Den&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329470703%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=DJVSSrWGbEkCJqMQPO59%2BJ0udGsZT80MbbhnRFNZ0BM%3D&reserved=0)

See comment thread for reduced fee therapy support for the AA community: [https://www.instagram.com/p/CK\_uCo0j7JH/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Fp%2FCK_uCo0j7JH%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329480661%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=LnhYpI7EQVNqmRQY7sUKpNAG1rY1o3HRUeyVSgVl3cg%3D&reserved=0)

@SubtleAsianMentalHealth on Facebook is offering free 1-1 supportive listening sessions

@LaiChienTherapy is offering Asian Pacific American Pay-As-You-Wish Group Therapy [https://www.instagram.com/p/CIOCNiTjbnY/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Fp%2FCIOCNiTjbnY%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329480661%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=JfCXCBJK8gtBVvHN0rbgRHXQ29BsC%2BV4aMEwuyyd4Lo%3D&reserved=0)

Crisis Line (National Suicide Prevention Lifeline)

1-800-273-TALK

Asian Languages (Asian American Suicide Prevention and Education; Asian LifeNet Hotline)

1-877-990-8585

Crisis Text Line

Text “CONNECT” to 741741

**Donate**

Support the Cause Against Anti-Asian Violence

[https://www.gofundme.com/f/support-the-cause-against-antiasian-violence](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gofundme.com%2Ff%2Fsupport-the-cause-against-antiasian-violence&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329480661%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=5iIGWutocMSoNfu8nkTJxiSTE%2FV%2F2ilQHECyEI2cZAg%3D&reserved=0)

Victims of Violent Crimes in the Bay Area

[https://www.gofundme.com/f/victims-of-violent-crimes-in-the-bay-area](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.gofundme.com%2Ff%2Fvictims-of-violent-crimes-in-the-bay-area&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329490618%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=hRTEz7UFAoc1AihGFAyTCFnBgk0ZM4kfRBnrNKUA8Fw%3D&reserved=0)

**Petition**

Petition to hold the media accountable for covering these stories by @AsianAmericanCollective

[https://www.change.org/p/get-mainstream-news-coverage-of-national-elderly-asian-american-assaults-cnn-msnbc-fox-vice-buzzfeed-nyt-washpost-latimes-axios](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.change.org%2Fp%2Fget-mainstream-news-coverage-of-national-elderly-asian-american-assaults-cnn-msnbc-fox-vice-buzzfeed-nyt-washpost-latimes-axios&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329490618%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AFPpdImUemcgAXXQr5Zg%2BQYsuc8tBbAPT8yHKJkf8Ys%3D&reserved=0)

**Report**

If you see something, say something. @StopAAPIHate

[https://www.instagram.com/stopaapihate/?hl=en](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.instagram.com%2Fstopaapihate%2F%3Fhl%3Den&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329500573%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=%2BVdkqfoOHJywHVFCrgKYWdEIb0aISHhFk3p6ZRwq%2BM4%3D&reserved=0)

[https://stopaapihate.org/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fstopaapihate.org%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329500573%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=AXg6%2FnqgwEogJq62%2Ba%2BUiEymx9o%2FfwkYh0akXoDR50k%3D&reserved=0)

**Support**

APENEJ (Asian Pacific Environmental Network)

[http://apen4ej.org/](https://nam12.safelinks.protection.outlook.com/?url=http%3A%2F%2Fapen4ej.org%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329510523%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=gRj9jJLCZtUll5O5ae2%2BZfVEWve3TlCYCTir%2FO8QDUE%3D&reserved=0)

Asian Prisoner Support Committee

[https://www.asianprisonersupport.com/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.asianprisonersupport.com%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329520479%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ByRzfuHDZbknKIuoLuaQbZGdOH9mprBsBremmgYeq6A%3D&reserved=0)

Filipino Cultural Cetner

[https://www.filipinocc.org/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.filipinocc.org%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329520479%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=jSlADZUFwzQxG14gI%2FO301ASZlr3ZR4VoMGjFCDV9ek%3D&reserved=0)

APIENC: API Equality Norcal

[https://apienc.org/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fapienc.org%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329530439%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=BS1JC3j%2F6mIS3XM95qMzeHMhogXL0V5v47BDke6EqJY%3D&reserved=0)

Oakland Vietnamese Community Center

[https://www.oaklandvnchamber.com/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.oaklandvnchamber.com%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329530439%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=82vy6F9h3Y2GjunfXBBkjzr8kkJQ4Q5DqnMm169Yt3U%3D&reserved=0)

Chinese Progressive Association

[https://cpasf.ourpowerbase.net/civicrm/contribute/transact?reset=1&id=7](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fcpasf.ourpowerbase.net%2Fcivicrm%2Fcontribute%2Ftransact%3Freset%3D1%26id%3D7&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329530439%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=UL2vARD08xInzaJ2kbxkvQ7mY%2B6q%2F33rQedpLpEQBNY%3D&reserved=0)

Asian Law Caucus

[https://www.advancingjustice-alc.org/](https://nam12.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.advancingjustice-alc.org%2F&data=04%7C01%7CARS296%40pitt.edu%7Cbfd8134c9bb44732509e08d8ed6fb565%7C9ef9f489e0a04eeb87cc3a526112fd0d%7C1%7C0%7C637520411329540391%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=ImO0il7AzfyR4y8Xbvd%2BuJDj0yQTAnOzbozAKbrt0hM%3D&reserved=0)

**Organizations (on Instagram)**

@smithsonianapa

@unapogeticallyasian\_

@goldhouseco

@asianamericangirlclub

@theycantburnusall

@weareaanow

@hateisavirus

@aapiwomenlead

@asianaaf

@stopaapihatenyc

@asians4antiracism

@asianamericancollective

**AAPI to Follow (Instagram)**

@angryasianfeminist

@annie\_wu\_22

@kimsaira

@amandagonguyen

@michellekimkim

@jackfrootx

@seoulcialite

@intersectional.abc

@weija

@courtneyahndesign

**Books to Read**

Minor Feelings by Cathy Park Hong

If They Come For Us by Fatimah Asghar

The Farm by Joanne Ramos

The Joy Luck Club by Amy Tan

Arrival by Ted Chiang

Dear Girls by Ali Wong

Interior Chinatown by Charles Yu

Know My Name by Chanel Miller

In the Country by Mia Alvar

The Woman Warrior by Maxine Hong Kingston