

## Supporting Students, Staff, and Families Impacted by Anti-AANHPI Racism

The National Center for School Mental Health (NCSMH) at the University of Maryland School of Medicine (UMSOM) compiled the following list of websites and free resources to help support youth, families, schools, and communities impacted by anti-AANHPI (*Asian American, Native Hawaiian, and Pacific Islander*) racism.

### Emergency/Immediate Help

- [\*\*988 Suicide & Crisis Lifeline\*\*](#) provides free, confidential, 24/7/365 support to anyone in the U.S., whether or not they are thinking about suicide. Simply dial or text **988**.  
[\*\*For ASL support\*\*](#), dial **711-988**.  
*Substance Abuse and Mental Health Services Administration (SAMHSA) + Vibrant Emotional Health*
- [\*\*Find an Asian Therapist\*\*](#) connects individuals to AANHPI therapists across North America and filters by preferences such as therapy type, insurance coverage, and sliding scale fees.  
*Asian Mental Health Collective*
- [\*\*VictimConnect Resource Center\*\*](#) provides emotional support, critical information, and individualized referrals to victims of crime, including hate crimes, in the U.S. and its territories. Available Monday – Friday from 9am – 5pm EST, call or text **855-4-VICTIM** (855-484-2846) or [\*\*connect via live chat\*\*](#).  
*National Center for Victims of Crime*

### Quick Assistance (short fact sheets & guides)

- [\*\*Essential Anti-Asian Racism Resources\*\*](#) is a comprehensive list of organizations, educational materials, and other resources supporting AANHPI communities and promoting anti-racism across the U.S.  
*FAR-NEAR*
- [\*\*Stop AAPI Hate\*\*](#) compiles the latest news items and reports of harms against AANHPI communities, provides practical anti-racism strategies and tools, and allows individuals to report hate incidents easily and anonymously in sixteen languages.  
*AAPI Equity Alliance + Chinese for Affirmative Action + San Francisco State University*

- [\*\*Supporting Asian, Asian American, and Pacific Islander Students and Families: Tips for Educators in K-12 Settings\*\*](#) offers various resources for educators to promote cultural responsiveness, safety, and inclusivity within their school climates, mental health supports and accountability systems.  
*National Association of School Psychologists (NASP)*
- [\*\*Talking to Children about Racism: The Time is Now\*\*](#) and [\*\*Talking to Children About Racial Bias\*\*](#) are brief guides to help parents meaningfully communicate with their young children about racism, discrimination, and racial bias.  
*American Academy of Pediatrics*

### **In-depth Information** (longer articles & toolkits)

- [\*\*Addressing Race and Trauma in the Classroom: A Resource for Educators\*\*](#) is designed to help school staff understand and purposefully address the effects of racism and racial trauma on students.  
*National Child Traumatic Stress Network*
- [\*\*Erasure and Resilience: The Experiences of LGBTQ Students of Color, Asian American and Pacific Islander LGBTQ Youth in U.S. Schools\*\*](#) explores the intersectional educational experiences of AAPI LGBTQIA+ students and equips educators, policymakers, and other advocates with specific tools to make schools inclusive of, and safe for, students along the full spectrum of sexual orientation, gender expression, and race/ethnicity.  
*GLSEN*
- [\*\*Racial Discrimination and Health Among Asian Americans: Evidence, Assessment, and Directions for Future Research\*\*](#) is an academic article assessing the negative health impacts of racial discrimination against Asian Americans.  
*Epidemiologic Reviews (Journal)*
- [\*\*The Racism is a Virus Toolkit\*\*](#) empowers young people and students by sharing the history of AANHPI communities in the U.S., and providing practices and strategies needed to combat xenophobia, racism, and bullying.  
*Act to Change*
- [\*\*#racialtraumaisreal\*\*](#) is a toolkit which offers guidance on how to identify, cope with, and manage trauma caused by recurrent race-related injustices, and outlines a seven-step Racism Recovery Plan.  
*Institution for the Study and Promotion of Race and Culture*
- [\*\*The Voice of Asian American Youth: What Goes Untold\*\*](#) is written by high school student Owen Setiawan, who reflects on historical patterns of ignorance towards Asian American narratives, while also amplifying specific experiences and sentiments of Asian American high schoolers during the first year of the COVID-19 pandemic.  
*Perspectives on Urban Education (Journal)*

## Interactive Resources (videos, mobile apps, books, etc.)

- **[27 Free Read-Alouds of Asian American, Native Hawaiian, and Pacific Islander Picture Books](#)** is a set of read-aloud videos of picture books, with characters and authors representing nearly twenty different AANHPI cultures.  
*Common Sense Media*
- **[Bystander Intervention Trainings](#)** promote awareness and teach methods that can be used to assist victims of harassment, prevent escalation, and help keep public spaces, schools, and communities safe.  
*Asian Americans Advancing Justice Southern California + Right To Be*
- **[Asian Americans](#)** is a five-hour documentary film series for children and adults that tells the history of Asian Americans through anecdotal footage and personal storytelling.  
*Public Broadcasting Service (PBS)*
- **[Homeroom Anti-Bullying Workshop](#)** is a short script written for middle and high schoolers with the goal of facilitating an in-depth discussion around anti-bullying and inclusivity within schools.  
*Act to Change*
- **[Lesson of the Day: A Rise in Attacks on Asian-Americans](#)** is a free, multimedia lesson plan which aims to teach students about anti-Asian discrimination and xenophobia, and prompt discussion around how to stand up against racism.  
*The New York Times*
- **[A Mental Wellness Activity Book for Asian Americans](#)** is a workbook for teenage and older students, which compiles resources such as poetry, journal prompts, and coloring pages with the intent to make Asian American studies an integral part of self-care and wellness practices.  
*University of Connecticut's Asian and Asian American Studies Institute*
- **[Min Jee's Lunch](#)** is a read-aloud video for young students, which tells the story of Min Jee and her friends as they are forced to confront anti-Asian racism that emerges at their school.  
*Learning for Justice*
- **[One Day: AAPI Middle School Activist](#)** introduces viewers to Mina Fedor, the middle school-aged founder of [AAPI Youth Rising](#), a youth-led initiative which protests anti-Asian hate and advocates for more expansive, strengths-based AAPI history curricula in schools. *AAPI Youth Rising* has also created [One Day of AAPI History](#), a free lesson plan for teachers and students.  
*Teach for America*
- **[We Are Not a Stereotype](#)** is an educational video series which explores far-reaching topics such as migration, colonization, intersecting identities, stereotypes, and cross-community coalition building.  
*The Smithsonian Asian Pacific American Center*