



UCSF Resources

Faculty and Staff Assistance Program (FSAP)

<https://hr.ucsf.edu/hr.php?org=c&AT=cm&S=Faculty+and+Staff+Assistance>

Student Health and Counseling Services

<https://studenthealth.ucsf.edu/student-health-and-counseling-services>

UCSF Employee Coping and Resiliency Program

<https://hr.ucsf.edu/hr.php?B=7516&AT=&org=we>

Office of the Prevention of Harassment and Discrimination (OPHD)

<https://ophd.ucsf.edu/>

Multicultural Resource Center – Healing for BIPOC Communities Resources

<https://mrc.ucsf.edu/welcome-multicultural-resource-center>

Student Success website

<https://success.ucsf.edu/>



Community Resources

Learn about these organizations and support the ones that align with your values & move you forward in embodying solidarity

- **Red Canary Song**

@redcanarysong

Redcanarysong.net

Based in NYC- Support work of Asian migrant and sex workers

- **Af3irm | A Transnational Feminist Organization**

<http://af3irm.org/af3irm/>

- **National Asian Pacific Women's Forum**

@napawf_atl (Georgia Chapter)

Napawf.org/donate

- **Stop AAPI Hate**

<https://stopaapihate.org/>

- **Asian Americans Advancing Justice “Stand Against Hatred” Incident Report & Bystander Training**

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

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



Community Resources

Mental Health Organizations

[Asian Mental Health Collective](#) (building a community for Asian mental health support)

[National Asian American Pacific Islander Mental Health Association](#)

(promote the mental health and well-being of the AAPI communities)

[Asian American Psychological Association](#)

(advance the mental health and well-being of Asian American communities through research, professional practice, education and policy)

"You don't choose
the times you
live in, but you do
choose who you
want to be. And
you do choose
how you think."

Grace Lee Boggs

