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