

HOW
TO
BE AN ALLY
+
HELP
ASIAN AMERICANS
FIGHT
ANTI-ASIAN
RACISM

@KIMSIRA X @ANNIE_WU_22

Resource graphics by
@kimsaira and
@annie_wu_22 on
Instagram

How Non-Asian People Can Navigate Conversations with Asian Friends/Family During Trauma

Non-Asian people may be wanting to check in on their Asian friends, family members, or acquaintances. Here are a few things that are helpful to remember about how to have those conversations if you are a non-Asian person:

- **If an Asian person does NOT want to engage in the conversation, you should respect their wishes and end the conversation.** There are a ton of major feelings that people are experiencing--anxiety, fear, hopelessness, rage, sadness, unnameable feelings. Not everyone is in an emotional position to share or wants to share outside of racial affinity.
- **If an Asian person DOES want to engage, listen attentively and wholeheartedly.** Do not make the conversation about yourself or say, "Yeah, I can relate..." or "Something similar happened to me when..." Instead, sit in the discomfort of what is being shared with you. If the person trusts you enough to open up, you should be brave enough to listen to what they say.
- **If you are a non-Asian person and feel the need to talk about your feelings, do not seek Asian people for this.** If you would like to have a conversation about historical anti-Asian racism, xenophobia, racial injustice, or any related topic, absolutely feel free to talk to other non-Asian friends or adults whom you trust to have this conversation.

MENTAL HEALTH RESOURCES

@KIMSAIRAY @ANNIE_WU_22

RACIAL TRAUMA TOOLKIT BY BOSTON COLLEGE

**ASIAN PACIFIC ISLANDER DESI AMERICAN
THERAPIST DIRECTORY**

@ASIANMENTALHEALTHCOLLECTIVE

@ASIANSFORMENTALHEALTH

HAS A COMMENT THREAD OF THERAPISTS
WILLING TO PROVIDE REDUCED/FREE
SESSIONS TO THE AA COMMUNITY

@SUBTLEASIANMENTALHEALTH ON FACEBOOK

OFFERING FREE 1:1 SUPPORTIVE LISTENING SESSIONS

CRISIS LINE

1-800-273-TALK

ASIAN LANGUAGES

1-877-990-8585

CRISIS TEXT LINE

TEXT "CONNECT" TO 741741

@LAICHIENTHERAPY

OFFERING ASIAN PACIFIC AMERICAN
PAY-AS-YOU-WISH GROUP THERAPY

DONATE

GO FUND ME:
SUPPORT THE CAUSE
AGAINST ANTI ASIAN
VIOLENCE

[GOFUNDME.COM/F/SUPPORT-THE-CAUSE-
AGAINST-ANTI-ASIAN-VIOLENCE](https://gofundme.com/f/support-the-cause-against-anti-asian-violence)

GO FUND ME:
VICTIMS OF VIOLENT CRIMES
IN THE BAY AREA

[GOFUNDME.COM/F/VICTIMS-OF-VIOLENT-
CRIMES-IN-THE-BAY-AREA](https://gofundme.com/f/victims-of-violent-crimes-in-the-bay-area)

PETITION

PETITION TO HOLD THE MEDIA
ACCOUNTABLE FOR COVERING
THESE STORIES BY @ASIANAMERICANCOLLECTIVE

VOLUNTEER

TO HELP ESCORT
SENIORS IN
OAKLAND'S
CHINATOWN

ORGANIZING BEING
DONE BY @APEN4EJ

REPORT

IF YOU SEE
SOMETHING,
SAY
SOMETHING

@STOPAAPIHATE
STOPAAPIHATE.ORG

SUPPORT

APENEJ

APEN4EJ.ORG

ASIAN PRISONER SUPPORT COMMITTEE

ASIANPRISONERSUPPORT.ORG

FILIPINO CULTURAL CENTER

FILIPINOcc.ORG/TAKE-ACTION

APIENC: API EQUALITY NORCAL

APIENC.ORG

OAKLAND VIETNAMESE COMMUNITY CENTER

OAKLANDVNCHAMBER.COM

CHINESE PROGRESSIVE ASSOCIATION

CPASF.ORG/NEW-DONATE

ASIAN LAW CAUCUS

ADVANCINGJUSTICE-ALC.ORG

STOP AAPI HATE

STOPAAPIHATE.ORG

ORGANIZATIONS TO SUPPORT

@SMITHSONIANAPA

@VERASIAN.CO

@UNAPOLOGETICALLYASIAN_

@GOLDHOUSECO

@ASIANAMERICANGIRLCLUB

@THEYCANTBURNUSALL

@WEAREAANOW

@HATEISAVIRUS

@NEXTSHARK

@AAPIWOMENLEAD

@ASIANAAF

@STOPAAPIHATENYC

@ASIANS4ANTIRACISM

@ASIANAMERICANCOLLECTIVE

AAPI TO FOLLOW TO DIVERSIFY YOUR FEED

@ANGRYASIANFEMINIST

@ANNIE_WU_22

@KIMSAIRA

@AMANDAGONGUYEN

@MICHELLEKIMKIM

@JACKFROOTX

@SEOULCIALITE

@INTERSECTIONAL.ABC

@WEIJA

@COURTNEYAHNDESIGN

BOOKS TO READ

MINOR FEELINGS

IF THEY COME FOR US

THE FARM

THE JOY LUCK CLUB

ARRIVAL

DEAR GIRLS

INTERIOR CHINATOWN

KNOW MY NAME

IN THE COUNTRY

THE WOMAN WARRIOR

**CALL YOUR LEGISLATORS
+ ASK WHAT THEY ARE
DOING FOR THE ASIAN
COMMUNITY**

**SUPPORT YOUR LOCAL
ASIAN-AMERICAN
OWNED SMALL
BUSINESS**