

March 1, 2021

The recent and ongoing anti-Asian hate crimes, and escalations in frequency and severity, leave us appalled, disheartened, and exhausted, especially as we endeavor to work and live through the unprecedented COVID-19 pandemic. Since the COVID-19 outbreak, Asian communities have been impacted by the rise in anti-Asian rhetoric, violence, and the continued erasure of our pain. As many of us know too well, there's a long history of xenophobia and anti-Asian racism that has existed in our country.

Anti-Asian hate is racism, and our larger society plays a fundamental role in minimizing and invisibilizing the struggles of our communities. Below are links to some actions our community can take if we're feeling activated as well as seeking supportive spaces for processing and healing:

- Seek support for yourself and others:
 - [Make a virtual appointment with Kristen Minami](#) (ARC Coordinator/EOP Counselor)
 - [Make a virtual appointment with Shariq Hashmi](#) (API Task Force Co-Chair/College of Engineering Academic Advisor)
 - [HAPI - Supporting Healthy Asians/Pacific Islanders](#) Support Group by UCSB Counseling and Psychological Services (CAPS)
 - [Asian Resource Center \(ARC\) Remote Resources List](#)
 - [Therapist Directory](#) by Asian Mental Health Collective
 - [Yoga & Healing Meditation for Trauma](#) by Zabie Yamasaki (Transcending Trauma with Yoga)
- [Reporting a hate crime](#) by Stop AAPI Hate
- [Sign petitions](#) by 18 Million Rising (18MR)
- [Make a donation](#) to organizations supporting APIDA communities (if you're able to)

The Asian Resource Center (ARC) will continue collaborating with the API Task Force and our other campus partners to support our students and our communities. The API Task Force is composed of UCSB students, staff, and faculty working together to advocate for the API community.

We condemn the anti-Black rhetoric surrounding these most recent attacks and the anti-Blackness that exists in our communities and society as a whole. Our calls for justice must not be synonymous with perpetuating a system of harm. As we continue to work towards building solidarity amongst our communities, it is vital that this work names and addresses

systemic oppression and white supremacy at the personal and collective levels. Below are some resources we'd like to share to deepen our understanding of Black/Asian solidarity work:

- [Asian American Racial Justice Toolkit](#) hosted by Asian American Pacific Islanders for Civic Empowerment
- [Black/Asian Solidarity with Black Lives Matter](#) by Cross-Cultural Solidarity
- [Anti-Racist Resource Guide](#) by Victoria Alexander

We encourage everyone to address this issue with our families and loved ones, to continue to call folx in and raise awareness, and actively build coalitions with our BIPOC communities towards our collective liberation.

Let us always remember that to practice community care, we must also pour into ourselves and take extra time to replenish, restore, and breathe amidst this storm.

In solidarity,

Asian Resource Center (ARC)

Educational Opportunity Program (EOP)

