

Resources for Asian & Asian American Faculty, Staff and Students

Social Justice Resources

Resources for essential needs (e.g., food pantry)

<http://211.org/services/essential-needs>

NAMI Coronavirus Resources Guide: organized based on 12 questions

<https://www.nami.org/covid-19-guide>

A Guide to Providing Mental Health Services to Immigrants Impacted by Changes to DACA and the COVID-19 Pandemic

<https://www.informedimmigrant.com/guides/daca-mental-health-providers/>

Tool for Interrupting Macroaggressions

https://academicaffairs.ucsc.edu/events/documents/Microaggressions_InterruptHO_2014_11_182v5.pdf

Women of Color Network <https://wocninc.org/>

Asian Americans ADVANCING JUSTICE

<https://www.standagainsthared.org/> (reporting in English, Chinese, Vietnamese, and Korean)

<https://www.advancingjustice-aaajc.org/covid19> (COVID-19 resources)

Asian Pacific Policy & Planning Council (A3PCON) (reporting)

<http://www.asianpacificpolicyandplanningcouncil.org/stop-aapi-hate/>

Hollaback Bystander Intervention Training

<https://www.ihollaback.org/bystander-resources/>

Surviving Racism Amidst Covid-19

<https://medium.com/@yintheralane/surviving-racism-amidst-covid-19-8b18473c3675>

Responding to Racism During the COVID-19 Outbreak (in 81 languages)

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/responding-racism-during-covid-19-outbreak>

UMBC Office of Equity and Inclusion

<https://oei.umbc.edu/>

https://umbc-advocate.symplicity.com/titleix_report/index.php/pid734056?

Wellbeing and mental health support

FACULTY & STAFF:

Employee Assistance Program-Resources for Employees and Supervisors: Counseling, Work-Life Solutions, Legal Support, Financial Information, and more

<https://hr.umbc.edu/benefits/benefit-information/employee-assistance-program/>

Phone: 855-410-7628

EAP website: www.guidanceresources.com (company ID: **USMEAP**)

Finding a therapist: <https://www.psychologytoday.com/>

STUDENT:

Counseling Center: Mental health support, Webinars, Consultations

For appointment or consultation: 410-455-2472

For After-Hours Support: 410-455-3230

Webinar Topics: Let's Meditate, Women of Color Coping Circle, Trans Drop-In, Grad Students Drop-In, Skills 4 Success, You've Got This! Four-Week Resilience Webinar, Coping with Racism and Xenophobia, Coping with COVID-19

Schedules: <https://my3.my.umbc.edu/groups/ucs/events>

Mosaic Center: Center for Culture and Diversity

<https://campuslife.umbc.edu/diversity-and-inclusion/mosaic-center/>

Women's Center

<https://womenscenter.umbc.edu/>

Online self-help resource: <https://umbc.welltrack.com/>

Mood Assessment, CBT for depression, anxiety & stress, public speaking, resiliency

Crisis Intervention

National Suicide Prevention Lifeline: 800-273-TALK (8255)

Crisis Text Line: Text HOME to 741741

IMAlive Crisis Chat: www.imalive.org

National Domestic Violence Hotline: 1-800-799-7233; <https://www.thehotline.org/>

Intimate Partner Violence (Fact Sheet): <https://www.apa.org/topics/violence/partner>

VAW: The National Online Resources Center on Violence against Women: <https://vawnet.org/>

Trevor Lifeline (LGBTQ Youth): 1-866-488-7386 <https://www.thetrevorproject.org/>