

March 2021 Resources: Asian American Mental Health

The Anti-Racism Task Force is pleased to bring you this edition of our monthly resource blast. Each month we release links and resources related to a specific theme. No questions will be posed, but feel free to share reflections or start a conversation.

This month we have collected resources pertinent to Asian American Mental Health and educational tools for identifying and disrupting Anti-Asian Racism. As noted in PAWNY's statement in response to the horrific shooting in Atlanta, Georgia last week, incidents of violent crime, bias, xenophobia and misogyny against the Asian American/Pacific Islander (AAPI) community have risen sharply over the past year. This recent trend represents an exacerbation of the longstanding phenomenon of anti-Asian racism firmly and historically rooted in White Supremacy. We hope these resources will assist with deepening our collective awareness of the experiences our Asian-American clients, friends, family members and colleagues regularly navigate.

UPCOMING EVENTS & TRAININGS

- Take a 1-hour bystander intervention training to stop Anti-Asian/American and xenophobic harassment, offered by Hollaback and Asian Americans Advancing Justice (AAAJ): [Free Bystander Intervention Training](#)

WEBSITES:

- [Asian American Psychological Association \(AAPA\)](#)
- [APISAA Therapist Directory — Asian Mental Health Collective](#)

- [Stop Asian Hate NYC](#)
- [Stop AAPI Hate](#)
- [Call To Action](#)
- [National Asian Pacific American Women's Forum](#)
- [Anti-Asian Violence Resources Card](#)
- [API Women | AAPI Women Lead | United States](#)
- [NAPAWF - National Asian Pacific American Women's Forum](#)
- [Red Canary Song](#)

PODCASTS

- [Asian Enough on Apple Podcasts](#)
- [When Coronavirus and Xenophobia Go Hand in Hand : Code Switch - NPR](#)
- [Asians Do Therapy](#)
- [The United States of Anxiety: The Missing History of Asian Americans](#)

VIDEOS

- [Recording of 3/28 Townhall on Anti-Asian Racism: Race,](#)

[Struggle and Solidarity in the Time of A Global Pandemic \(Asian American Psychological Association\)](#)

ARTICLES/ESSAYS

- [Psychological impact of anti-Asian stigma due to the COVID-19 pandemic: A call for research, practice, and policy responses - Misra et al., 2020](#)
- [Racial Microaggressions and the Asian American Experience - APA](#)
- [Model Minority at Risk: Expressed Needs of Mental Health by Asian American Young Adults - Journal of Community Health](#)
- [NYSPA Statement on the Atlanta Shooting and Anti-Asian Racism](#)
- [This Is What No One Tells You About Being Asian in America in 2021 - Huffpost](#)
- [Confronting Anti-Asian Discrimination During the Coronavirus Crisis - New Yorker](#)
- [Asian attacks: Mental health resources after the shooting - Washington Post](#)
- [COVID-19 Racism and Mental Health in Chinese American Families](#)
- [There Are Two Asian-Americas, and One Is Invisible -](#)

[NYTimes](#)

- [How Racism and Sexism Intertwine to Torment Asian-American Women - NYTimes](#)
- [Asian-Americans Are Scared for a Reason - NYTimes](#)

CHILDREN'S RESOURCES

[Talking to Kids About Xenophobia](#)

[Guide for Parents of AAPI Adolescents](#)

[How to Talk to Kids About Anti-Asian Violence](#)

CHILDREN'S BOOKS

[Social Justice Books - Asian Americans](#)

MOVIES & DOCUMENTARIES

[Asian Americans - PBS](#)

SOCIAL MEDIA

[Asian Mental Health Project \(@asianmentalhealthproject\)](#) •

[Instagram photos and videos](#)

--

The Anti-Racism Task Force of the Psychological Association of Western New York (PAWNY)

Members: Nita Makhija (Co-Chair), Jane Dewey (Co-Chair), Melinda Haggerty, Tanisha Joshi, Amber Dewey, Alanna Lipinski, Karen Klementowski, Tacianna Indovina, Thomas Chacko