Resources From Speakers

Mimi Wong and Lauren Mai:

Townhall Recording: [www.the-ana.org](http://www.the-ana.org)

Asian Neuropsychological Association’s Statement Against Anti-Asian Racism with Resources

[www.the-ana.org](http://www.the-ana.org)

UCSF Employee Coping and Resiliency Program

<https://psychiatry.ucsf.edu/cope>

Russell Jeung:

If you or someone you know has experienced discrimination due to COVID19, please speak up and report to: <http://www.asianpacificpolicyandplanningcouncil.org/stop-aapi-hate/>

Xochitl Carrion:

911 or SFDA’s Hate Crime Hotline: (415) 551-9595

Emily May:

Bystander Resources

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

Safely report your experience of online harassmentand ask for help from bystanders, or support others who have been harassed online on Hollaback! secure platform: [www.iheartmob.org](http://www.iheartmob.org)