



UCR CAPS Statement of Solidarity with APIDA and Asian Communities

We at UCR Counseling & Psychological Services (CAPS) stand in solidarity with all members of our APIDA (Asian Pacific Islander DesiAmerican) and Asian communities against any forms of xenophobia, oppression, and racism.

The APIDA and Asian communities have been targeted with violence since the outset of the pandemic, unjustly blamed for the spread of the COVID-19 virus. Some reports claimed as many as 2,583 cases of anti-Asian incidents from March through May 2020. Sadly, the violence has continued and in some parts of our nation even increased in recent times. The hate has been spread across every age range, with even the elderly and young children being impacted. CAPS is committed to supporting the health, healing, and hope of our community.

**CAPS is open during regular business hours,
providing all services through telehealth.
24/7 crisis support is always available by phone at 951-827-5531.
counseling.ucr.edu**

In addition to our regular services, we want to make available other resources that may be of help during these challenging times.

Visit counseling.ucr.edu homepage, under [CAPS Commitment to Diversity and Inclusion](#) for more resources.

[Stop AAPI Hate Reporting](#)

[Asian Mental Health Collective](#)

[Asian American Mental Health Collective directory of APISAA therapists](#)

[Free bystander intervention training to stop anti-Asian/American and xenophobic harassment](#)

[Infographics and accompanying videos for helping AAPI families talk to children and teens exposed to anti-Asian bullying and harassment](#)