

## Resources for our AAPI community

### Resources at John Jay

For anyone in our community who needs help processing these traumatic events, the College provides counseling resources. Students can set up a confidential meeting with a trained mental health professional, free of charge, through our [Wellness Center](#). And, through the [CUNY Work/Life Program](#), faculty and staff can access free, confidential, emotional health and wellness services.

### Reporting Harassment

- o If you are the victim of a crime or witness a crime, call 911. NYPD officers are not allowed to ask about your immigration status. Learn more at [nyc.gov/stopcovidhate](http://nyc.gov/stopcovidhate)
- o You can also report discrimination and harassment to NYC Commission on Human Rights at 212-416-0197 or online at <http://nyc.gov/reportdiscrimination>.
- o Do you have a hate incident to report? Help document the recent rise in hate crimes against Asian American elders by going to <https://stopaapihate.org/>.

### Training and support

- o The Commission on Gender Equity and Hollaback are co-hosting “Stand Up Against Street Harassment” training. Check out their training calendar [here](#).
- o The Commission on Human Rights is also hosting bystander intervention trainings to address hate crimes affecting multiple communities. These trainings are offered in multiple languages. See the full calendar [here](#).
- o Can’t make one of the trainings? Download the “Stay Safe from Hate: How to Protect Yourself in Threatening Situations” booklet from the Asian American Federation. This booklet is available in five Asian languages (Chinese, Korean, Japanese, Tagalog, and Vietnamese) and includes verbal de-escalation strategies, bystander techniques, non-violent communication strategies, and physical defense techniques. Download [here](#) for free.