

## WMCC Statement in Support of Asian, Asian-American, Pacific Islander, & Desi American Communities

The William & Mary Counseling Center stands in solidarity and support of the Asian, Asian-American, Pacific Islander, and Desi-American communities. Recent reports indicate an exponential increase in violence against these communities. These statistics still likely underreport the violence and discrimination faced by these groups. Over the last year, anti-Asian rhetoric has been amplified; however, we know there has been a longstanding history of racism, xenophobia, and violence in the U.S. and abroad. Objectification of Asian women has also been a chronic systemic way to oppress this community. Attempts to minimize and justify these acts, and/or humanize aggressors are equally problematic.

Our students, faculty, and staff who identify with Asian, Asian-American, Pacific Islander, and Desi-American communities may be experiencing the effects of racial trauma and micro/macro-aggressions. There is evidence of profound physical (headaches, gastrointestinal issues, muscle tension, changes in sleep/appetite) and psychological effects (anxiety, depression, emotional reactions of anger, fear, sadness, isolation, exhaustion, despair, hopelessness) of the direct and vicarious race-based traumatic experiences. Concern about self and others' (including friends, family, relatives, partners, etc.) safety and well-being is also a common response. Please know that the Counseling Center is here to support you as you grieve, resist, and heal.

The Counseling Center is coordinating programming to support our students affected. Outreach efforts will be advertised via various listservs, campus offices, and social-media platforms. In addition to outreach programs, the Center provides free and confidential one-on-one counseling services and 24/7 crisis services. You can access these services by calling (757) 221-3620. If you are looking for some immediate resources as an alternative to therapy, you may find these strategies helpful: Race-Based Trauma Coping/ Healing:

<https://www.wm.edu/offices/wellness/counselingcenter/racebasedtraumaresources/racialtraumaandcopingbrochure2020.pdf>

As we are aware of the power of connection and mutual support, we are open to exploring creative new ways to join and work together towards healing with students and organizations. If you would like to collaborate with us in creating an event with your friends, organization, class, or any other group, click this link to request a program: [https://wmsas.qualtrics.com/jfe/form/SV\\_emKDYMsPKSrayfH](https://wmsas.qualtrics.com/jfe/form/SV_emKDYMsPKSrayfH)

Other resources that students might benefit from:

- Center for Student Diversity <https://www.wm.edu/offices/studentdiversity/index.php>

- Reves Center for International Studies <https://www.wm.edu/offices/revescenter/>
  
- Campus Ministries <https://www.wm.edu/offices/studentdiversity/resources/spirituality-faith/cmu-directory/index.php>
  
- Dean of Students Office <https://www.wm.edu/offices/deanofstudents/index.php>
  
- Student Health Center <https://www.wm.edu/offices/wellness/healthcenter/index.php>
  
- Health Promotion <https://www.wm.edu/offices/wellness/ohp/>
  
- National Suicide Hotline (1-800-273-8255)
  
- Crisis Text Line (text “Steve” to 741741) to speak with a culturally affirming crisis counselor
  
- National Queer and Trans Therapist of Color Network (NQTTCN) <https://www.nqttcn.com/>