

## Standing In Solidarity With Our Asian, Asian American, and Pacific Islander Communities

Student Health Promotion (SHP) is committed to ensuring health, promoting social justice, and supporting individuals of all sexual orientations, gender identities/expressions, and religious, racial and ethnic backgrounds. **We deplore the inflammatory and xenophobic rhetoric towards Asian American and Pacific Islander (AAPI) persons that has increased throughout the COVID-19 pandemic and condemn racism, xenophobia, and bias-motivated violence of any kind.**

SHP stands with those who have experienced hate and increased bullying, harassment, and violence. Our hearts are heavy for all the victims of hate and violence, and our thoughts are with the families of the victims.

Incidents of racism and violence are traumatic. They contribute to an increase in fear, stress, anxiety, and psychological trauma. It is normal to experience a range of feelings, such as sadness, fear, anger, helplessness, or guilt. For those in our community who belong to marginalized and/or under-represented identity groups, you may also be feeling particularly vulnerable. **If you are feeling upset or unsafe, you are encouraged to reach out for support from any of the resources listed below or in the attached document.**

- Equal Opportunity and Title IX Office - 812-237-8954 or [ISU-equalopportunity-titleix@mail.indstate.edu](mailto:ISU-equalopportunity-titleix@mail.indstate.edu)
- Student Counseling Center - 812-237-3939
- The National Suicide Prevention Hotline - 1-800-273-8255
- Crisis Text Line - text "START" to 741-741
- Asian LifeNet Hotline - 877-990-8585

**If you are an ally to the AAPI community, speak with those around you and ask how you can help.** You can also take action by utilizing the resources below.

- [Guide to responding to racism](#)
- [Stop AAPI Hate](#) tracks and responds to incidents of racism against AAPI individuals in the US
- [Guide to bystander intervention](#)
- [How to be an ally](#)
- Donate to [Hate is a Virus](#)