

# We stand in solidarity and support of our Asian American and Pacific Islander (AAPI) colleagues and communities.

Our deepest thoughts go out to those directly impacted by the recent events of violence. The amount of trauma endured by these experiences is unspeakable. The UCSF Memory and Aging Center stands strongly against acts of racial violence and discrimination. This is not a new issue, but one that has gained more visibility and demands immediate action. We encourage members of our community to speak up and report incidents of hate and discrimination as well as support your neighbors in need.

## AAPI Racism in California

by John Best, MD

AAPI racism is not new. There is more than a century-long history of prejudice against the AAPI community in California. Most notable was the 1882 Chinese Exclusion Act during the California Goldrush. However, the violence started a decade earlier with lynching and riots in the Los Angeles and San Francisco Chinatowns. Later, Japanese Americans underwent a painful history of being barred from attending San Francisco public schools and owning land across California and then forced internment and relocations during World War II. Model minority stereotypes, which have persisted for decades, unnecessarily lump a diverse set of communities into an oversimplified narrative and gloss over the racism and inequities faced by the AAPI community.

“Hearing from Asian families and patients about their fears is very upsetting. Also, they are struggling with current emotional stressors – coping with neurodegenerative diseases and lacking direct contact with others. Due to the anti-Asian hate crimes, they are being further quarantined.”

“Recent anti-Asian violence has me *angrier*. I’ve been angry, because this is only one item on a long list of issues born from discrimination and systemic racism. It may fuel my activism work, but being angry all the time is exhausting.”

## Key Findings from the **COVID-19 Effects on the Mental and Physical Health of Asian Americans & Pacific Islanders Survey Study (COMPASS)**



**3 in 5** AAPI experienced discrimination in the past 6 months

When asked how the COVID-19 pandemic has changed their life, **41%** said they have experienced some (mild/moderate/severe) changes in their experience with racial discrimination

% who strongly/somewhat agree with beliefs concerning how the COVID-19 pandemic is affecting AAPI:

**59%**  
believe that the country has become more dangerous for their ethnic group

**41%**  
believe that most social/mass media reports about COVID-19 create bias against their race/ethnicity

**39%**  
have seen a lot more cyberbullying of people of their race/ethnicity since the pandemic

**34%**  
worry about people thinking they have COVID-19 because of their race/ethnicity

**32%**  
believe that people of their race/ethnicity are more likely to lose their job



## How Can I Be an Ally?

- Reach out and listen to your AAPI friends and colleagues
- Educate yourself on AAPI racism
  - PBS Asian Americans – [www.pbs.org/show/asian-americans](http://www.pbs.org/show/asian-americans)
- Fact-check your resources before sharing them
- Donate to anti-racism organizations
- Write to your local government officials
- Report any hate crimes and racial injustices
- 5 Ds of bystander Intervention – [www.ihollaback.org/bystander-resources](http://www.ihollaback.org/bystander-resources)

## Resources

### General Resources

[anti-asianviolenceresources.carrd.co](http://anti-asianviolenceresources.carrd.co)

### Mental Health

- Asian Mental Health Collective – [www.asianmhc.org](http://www.asianmhc.org)
- National Asian American Pacific Islander Mental health – [www.naapimha.org](http://www.naapimha.org)
- Call 1-800-273-8255 (TALK), the National Suicide Prevention Hotline
  - Asian Languages: 1-877-990-8585
- Call 1-877-990-8585, Asian LifeNet Hotline (24 hours)  
(Cantonese, Mandarin, Japanese, Korean, Fujianese are offered)

### Reporting

Stop Asian Hate – [stopaapihate.org](http://stopaapihate.org)

### AAPI Research

CARE – [careregistry.ucsf.edu](http://careregistry.ucsf.edu)

### AAPI Safety

Self-Help for the Elderly – [www.selfhelpelderly.org/escort-services-aapi-seniors](http://www.selfhelpelderly.org/escort-services-aapi-seniors)

### Donate

[www.gofundme.com/c/act/stop-aapi-hate](http://www.gofundme.com/c/act/stop-aapi-hate)

