



# Help Starts Here.

Washington State Employee Assistance Program

## ANTI-ASIAN/PACIFIC ISLANDER VIOLENCE: TIPS AND RESOURCES

In the United States, hate crimes against persons of Asian or Pacific Islander descent have increased dramatically in the past year. Public employees and their family and friends - and all community members - are negatively impacted by this distressing trend.

If you become the target of - or a witness to - a hate crime, there are steps you can take to help you address the incident and to reduce the risk of a long term negative impact on your emotional well-being. There are national, state, local and web-based resources to support you through a difficult time.

The Washington State Employee Assistance Program (EAP) offers tips and resources to support those impacted by anti-Asian/Pacific Islander violence. The below list is not an exhaustive one, but hopefully serves as an entry point to accessing a more extensive list of resources.

### Guidance for Hate Crime Targets or Witnesses

If you become the target of a hate crime or witness a hate crime, please consider the below suggestions for the moments immediately after the incident and in the days that follow.

#### *In the Initial Moments*

- Get medical help, if needed
- Document the details of the incident
- Make a report
- Get emotional/psychological support

#### *Some Suggestions for the Days That Follow*

- Acknowledge your thoughts and emotions
- Identify and attend to the things in your scope of influence
- Set boundaries for social media and news consumption
- Connect with your community members
- Seek support from your faith-based resources, if applicable
- Minimize toxic interactions
- Eat healthy foods
- Be physically active, within the scope of your abilities
- Get sleep

### Resources for Hate Crime Targets and Witnesses/Bystanders

- [VictimConnect Resource Center](#) – referral helpline
- [Asian Americans Advancing Justice](#) – bystander intervention training
- [National Asian Pacific American Bar Association](#) - hate crime resources

Washington State EAP is accessible, free, and confidential.  
Contact us today at **877.313.4455** or **eap.wa.gov**



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## Emotional/Mental Health Resources

- [Asian Counseling and Referral Services](#) – for the well-being of Asian Americans and Pacific Islanders
- [National Asian American Pacific Islander Mental Health Association](#) – promotion of mental health
- [South Asian Therapists.org](#) – global community of South Asian therapists
- [Asian Mental Health Collective](#) – normalize and destigmatize mental health in the Asian community
- [Washington State Employee Assistance Program](#) – the EAP is available 24/7

## Advocacy Resources

- [Washington State Commission on Asian Pacific American Affairs](#) – well-being of Asian Pacific Americans
- [Washington State Human Rights Commission](#) – discrimination prevention and elimination
- [US Commission on Civil Rights](#) – inform civil rights policy and enhance federal civil rights laws
- [Asian American Psychological Association](#) - advance the well-being of Asian American communities

## Tools and Tips on the Web

- [Coping With Grief After Community Violence](#) (SAMHSA)
- [Tips for Survivors: Coping With Grief After a Disaster or Traumatic Event](#) (SAMHSA), Tip sheet
- [Tips for Survivors of a Disaster or Other Traumatic Event: Managing Stress](#) (SAMHSA), Tip sheet

## Crisis Support

- [National Suicide Prevention Lifeline](#) – call (800) 273-8255
- [Crisis Text Line](#) – to connect with a crisis counselor, text “heal” to 741741
- [National Alliance on Mental Illness – Washington](#), 24/7 crisis line text NAMI to 741741

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