



Stopping Asian Hate: Know Your Civil Rights, Use Your Voice, Create Pathways for Healing Webinar Resources

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December 1, 2021 Stop Asian Hate Webinar Recording:

https://youtu.be/HZGsh_u1MNQ

December 1, 2021 Stop Asian Hate Webinar Biographies

<http://njoag.gov/wp-content/uploads/2021/12/AAPI-Agenda-and-Bios.pdf>

STOP AAPI HATE: <https://youtu.be/xW4PR6bsMpQ>

SALDEF – Sikh American Legal Defense and Education Fund - [Home - SALDEF](#)

The Yellow Whistle: <https://TheYellowWhistle.org>

Parent Guide for Conversations with Children/Educator Resources

A Call to Healing Asian Racialized Trauma <https://drceciliacardesa.com/traumaventure-blog/a-call-to-healing-asian-racialized-trauma> *Jessica Cho Kim, LCSW is an Asian American psychotherapist, researcher, parent, and current doctoral student in social welfare at the University of Pennsylvania School of Social Policy and Practice.*

Anti-Defamation League Parent and Educator Cyberbullying Resources

<https://www.adl.org/education/resources/tools-and-strategies/bullying-and-cyberbullyingprevention-strategies>

Resources from the Division on Civil Rights Learn

More About Filing a Complaint with the Division on Civil Rights:

<https://www.njoag.gov/about/divisions-and-offices/division-on-civil-rights-home/division-oncivil-rights-file-a-complaint/>

New Jersey Division on Civil Rights Anti-Racist Statement

<https://www.njoag.gov/wp-content/uploads/2021/01/Anti-Racist-Statement-Final-1.18.21.pdf>

AAPJ Resources

New Jersey Law Against Discrimination

<https://www.nj.gov/oag/dcr/downloads/NJ-Law-Against-Discrimination.pdf>

New Jersey Office of Attorney General Division on Civil Rights Resource Page

<https://www.njoag.gov/about/divisions-and-offices/division-on-civil-rights-home/division-on-civil-rights-resources/>

Racial Justice Key Terms & Definitions

<https://www.njoag.gov/wp-content/uploads/2021/06/Sample-Racial-Justice-Key-Terms-andDefinitions.pdf>

75th Anniversary Youth Bias Task Force Student Competition Exhibit

<https://www.njoag.gov/about/divisions-and-offices/division-on-civil-rights-home/75thanniversary-exhibit/>

Agencies that Enforce Civil Rights Laws Outside of NJ

If you experience a civil rights violation in New York or Pennsylvania, you can file a complaint with agencies in those states. Some larger cities, like New York City and Philadelphia, have their own civil rights agencies that can also respond and take action on complaints. They may also have additional protections under their local laws.

New York State:

NY Division of Human Rights

- <https://dhr.ny.gov/> •
[1-888-392-3644](tel:1-888-392-3644).

New York City:

New York City Commission on Human Rights:

- <https://www1.nyc.gov/site/cchr/index.page>
- [\(212\) 416-0197](tel:212-416-0197)

Pennsylvania:

Pennsylvania Office of the Attorney General

- <https://www.attorneygeneral.gov/protect-yourself/civil-rights/>
- [717-787-0822](tel:717-787-0822)

Philadelphia:

Philadelphia Commission on Human Relations

- <https://www.phila.gov/departments/philadelphia-commission-on-human-relations/>

AAPI Resources

- [\(215\) 686-4670](tel:(215)686-4670)

NJ Department of Law & Public Safety Division of Criminal Justice Resources

REPORT Bias Crime Flyer English: <https://www.nj.gov/oag/bias/downloads/Bias-Flier.pdf>

REPORT Bias Crime Flyer Chinese Traditional:

https://www.nj.gov/oag/bias/downloads/BiasFlier_Chinese_Traditional.pdf

REPORT Bias Crime Flyer Chinese Simplified:

https://www.nj.gov/oag/bias/downloads/BiasFlier_Chinese_Simplified.pdf

REPORT Bias Crime Flyer Korean: https://nj.gov/oag/bias/downloads/Bias-Flier_Korean.pdf

REPORT Bias Crime Flyer Tagalog: https://nj.gov/oag/bias/downloads/Bias-Flier_Tagalog.pdf

U.S Department of Justice Resources

U.S. Department of Justice, Community Relations Service (CRS): <http://www.justice.gov/crs>

Hate Crimes Website

<http://www.justice.gov/hatecrimes>

CRS Fact Sheet and Programs:

Fact Sheet:

<https://www.justice.gov/file/1376521/download>

Hate Crime Prevention Forum:

<https://www.justice.gov/file/1376541/download>

Protecting Places of Worship Forum:

<https://www.justice.gov/file/1376571/download>

Engaging and Building Partnerships with Muslim Americans:

<https://www.justice.gov/file/1376566/download>

Engaging and Building Partnerships with Sikh Americans:

<https://www.justice.gov/file/1376586/download>

AAPI Resources

[Harpreet Singh Mokha \(US-DOJ\) | Panel on Police Community Relations | Regional Muslim Convention - YouTube](#)

[Harpreet Singh Mokha Department of Justice Community Relations Speaking - YouTube](#)
Resources for Mental Health Care

Note that the following 4 organizations have websites with free directories of mental health professionals and the services offered. In addition, they are available on Facebook and/or Instagram as well.

Asian American Psychological Association

Website: <https://aapaonline.org/>

[The Consortium of Mental Health and Educational Professionals of Color-NJ](#)

Contact: (929) 450.7071

Email: ingo@consortiumnj.org

PO Box 502, Vauxhall, NJ 07088

[New Jersey Psychology Association](#)

Contact: (973) 243.9800

Email: njpa@psychologynj.org

[New Jersey Suicide Prevention Hopeline](#)

Contact: (855) 654.6735

[Northeast Counties Association of Psychologists](#)

President: Nansie Ross

Contact: (201) 447.1924

Email: nansie@verizon.net

Vice President: Linda Glazer

Contact: (201) 569.6633

Email: drindabglazer@gmail.com

Outreach: Norine Mohle

Contact: (201) 690.6412

Email: norinemohle@gmail.com

Website/IT: Brett Bersano

Email: drbersano@gmail.com

[Second Floor Youth Helpline](#)

Contact: (888) 222.2288

[The Trevor Project: Saving LGBTQ Lives](#)

Contact: (866) 654.6735

AAPI Resources

Addiction Resources

[Alcoholics Anonymous](#)

Contact: (212) 870.3400

[Alcoholics Anonymous Online Support Groups](#)

[Northern New Jersey Alcoholics Anonymous \(NNJAA\)](#)

Contact: (908) 687.8566 or (800) 245.1377 [Gamblers](#)

[Anonymous](#)

Contact: (626) 960.3500

Hotline: (855) 222.5542

[Gamblers Anonymous Online Support Groups](#)

[Narcotics Anonymous](#)

Contact: (818) 773.9999

[Narcotics Anonymous Online Support Groups](#)

[Narcotics Anonymous in New Jersey](#) Contact:

(732) 933.0462

Hotline: (800) 992-0401

[Overeaters Anonymous](#)

Contact: (505) 891-2664

[Overeaters Anonymous Online Support Groups](#)

Resources for the State of New Jersey [Mental](#)

[Health Association in New Jersey, Inc.](#)

Contact: (800) 367.8850 Website: <https://www.mhanj.org/>

Hotlines: The Peer Recovery WarmLine: (877) 292.5588

NJ Connect for Recovery: (855) 652.3737

[National Alliance on Mental Illness New Jersey](#) (NAMI)

Contact: (732) 940.0991

[NAMI New Jersey Online Support Groups:](#)

[National Domestic Violence Hotline](#)

Contact: (800) 799.7233

Text: LOVEIS to 22522

Website: <https://www.thehotline.org/>

[National Suicide Hotline](#)

Contact: (800) 273.8255

[New Jersey 211](#)

Contact: 2-1-1

Text: Zip Code to 898-211

AAPI Resources

[NJ Mental Health Cares](#)

Contact (800) 202.4357

[rtor.org: Gateway to Mental Health Services](#)

Contact: (203) 724-9070

Northern New Jersey Mental Health Resources

[Care Plus New Jersey Mental Health Care](#)

[High Focus Centers](#)

[Mental Health Association of Passaic County](#)

[Vantage Health Care System](#)

Contact: (201) 567.0059

For Psychiatric Emergencies: (201) 262.HELP (4357)

[West Bergen Mental Health Care Facilities](#)

Central New Jersey Resources

[High Focus Centers](#)

[New Jersey Hope and Healing](#)

Southern New Jersey Resources

[South Jersey Behavioral Health Resources](#)

Self-Care Resources Links

to short videos that will help you find calm:

[Safe House for Chill Pill and Calm](#)

[Smiling Minds](#)

[Yoga with Adriene](#)

Meditation Resources:

[Calm](#)

[Simple Habit: The Best Meditation App for Busy People](#)

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