



Center for Student Health & Counseling  
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## Resources for Navigating Racism and Xenophobia

### Student Health & Counseling Services

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The [Center for Student Health and Counseling Services \(SHAC\)](#) consists of health, dental, and counseling services, as well as health promotion. Together, we are committed to supporting students who are [navigating experiences of racism and oppression-based trauma](#). We strive to provide trauma-informed, culturally sensitive medical and mental health care, as well as resources for PSU cultural centers and community groups. Additionally, our Justice, Equity, Diversity, and Inclusion (JEDI) team and our Queer and Transgender (Q&T) Health Care team within SHAC are actively working to evaluate ways in which we can work to dismantle systemic inequalities, particularly within our healthcare system.

Student Health and Counseling Services staff believe that prejudice and discrimination are detrimental to individual and community health. We are committed to creating and maintaining an environment where all people of diverse backgrounds and identities can expect to be valued and treated with respect and dignity.

If you have experienced any discrimination or harassment as a result of your perceived identity, we encourage you to access Student Health and Counseling Services (SHAC) services for support. Please see [our website](#) for more information on current services. SHAC services are available Monday through Friday from 9-5 pm, simply call 503-725-2800 to set up a telehealth appointment.

### Global Diversity and Inclusion Resources

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- [Student Support and Programs](#)
  - [Multicultural Retention Services](#)
  - [TRIO Student Support Services](#)
  - [Pre-College programs](#)
  - [Cultural Resource Centers](#)
    - [Multicultural Student Center](#)
    - [Pan-African Commons](#)
    - [La Casa Latina Student Center](#)
    - [Pacific Islander](#)
    - [Asian and Asian American Student Center](#)
    - [Native American Student and Community Center](#)
    - [Cultural Resource Center COVID-19 Programming & Student Services Plan](#)
  - [Veterans Resource Center \(VRC\)](#)
  - [Disability Resource Center \(DRC\)](#)
  - [Student Legal Services](#)
- [Equity and Compliance](#)
- [Diversity, Equity and Inclusion Advocacy](#)
- [Bias Review Team](#)

## **Bystander Intervention and Diversity Education Programs**

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- [Illuminate Bystander Intervention Workshop](#)
- [Diversity Education and Learning Webinars](#)
- [Inclusive & Culturally Responsive Curriculum and Pedagogy Workshops](#)
- [SpeakOut: Webinars and Virtual Programs](#)
- [Bystander Intervention to stop anti-Asian/American and xenophobic harassment:](#)
  - <https://www.ihollaback.org/fact-sheet-the-experience-of-being-targets-of-street-harassment-in-nyc/>
  - <https://www.aapicovid19.org/>
  - <https://www.asianpacificpolicyandplanningcouncil.org/stop-aapi-hate/>

## **Online Resources**

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### **Coping Strategies**

- [CDC: Stigma and Resilience](#)
- [Surviving and Resisting Hate Toolkits](#)
- [Discrimination: What it is and how to cope](#)
- [Radical Healing in Times of Fear and Uncertainty](#)
- [Resource kit from UNC Charlotte](#)
- [Recording: Townhall on Anti-Asian Racism: Race, Struggle, and Solidarity](#)
- [Community Care During COVID-19: A Message To and From AAPIs](#)

### **Bystander Intervention Strategies**

- [Resource: Tool for Interrupting Microaggressions](#)