

## **Ethnic Studies Community Services**

### **Mutual AID in a time of COVID-19**

We are a community that cares for our students, and want to ensure that you feel supported as we continue to adjust to and address the impact of the COVID-19 pandemic on our lives. Towards this end, we have compiled a list of resources which we hope you will find helpful during these times of unprecedented uncertainty. Some of these resources may require a UC email account to authenticate.

**The Ethnic Studies Department thanks Lisa Hirai Tsuchitani and Harvey Dong and the Ethnic Studies Staff for their efforts in compiling these community resources.**

#### **UC Berkeley: Latest News on COVID-19**

<https://news.berkeley.edu/coronavirus/>

#### **The Asian Pacific American Student Development Office:**

<https://campusclimate.berkeley.edu/students/ejce/apasd>

Dedicated to serving the diverse and changing needs of the Asian American and Pacific Islander (AAPI) communities at the University of California, Berkeley, APASD provides accessible and relevant programming and resources, promotes cross-cultural community building, and advocates civil rights and social justice through education and empowerment.

- APASD Remote Resources List: [bit.ly/apsadresources](http://bit.ly/apsadresources)
- Please help APASD by taking this short survey on the types of support you and your community needs at this time: [bit.ly/APASDCommunityCheckin](http://bit.ly/APASDCommunityCheckin)

#### **Chicanx Latinx Student Development**

<https://campusclimate.berkeley.edu/students/ejce/clsd>

The CLSD office is student run, staff led, and community supported. The office is the place where students will come in with any question and it's our job to find the answers by using our networks within our community and throughout Berkeley.

#### **Native American Student Development**

<https://campusclimate.berkeley.edu/students/ejce/nasd>

The Native American Student Development office (NASD) at Berkeley exists to serve and support the diverse and changing needs of Native students in their time at Cal. We strive to provide relevant, accessible and engaging programs and resources, promote intertribal and cross cultural approaches to community building with a social justice lens.

## **Multi Cultural Community Center**

<https://campusclimate.berkeley.edu/students/ejcc/mcc>

The MCC strives to integrate student-driven and community-oriented management, decision-making and visioning in everything that we do. In conjunction with our close partners, the MCC facilitates students' greater involvement in multicultural-related education, collaborations and cross/inter-cultural community building.

## **The Basic Needs Center:** [tinyurl.com/UCB-BNC-C19](https://tinyurl.com/UCB-BNC-C19)

The Center is committed to accomplishing food, housing, and economic justice on the UC Berkeley campus through a robust model of prevention, intervention and emergency relief efforts in order to support the mental-emotional-physical health, wellness, academic performance, professional development, and holistic success of students.

- General questions: [basicneedscenter@berkeley.edu](mailto:basicneedscenter@berkeley.edu) / (510) 519-4003
- Student emergencies: [basicneedssupport@berkeley.edu](mailto:basicneedssupport@berkeley.edu) / (510) 859-7507
- Food resources: [foodpantry@berkeley.edu](mailto:foodpantry@berkeley.edu) / (510) 463-4170

## **The Berkeley International Office:**

<https://internationaloffice.berkeley.edu/coronavirus-covid-19-faq>

Please refer to the link above for latest travel advisories and resources for members of our international community.

## **Counseling and Psychological Services:** <https://uhs.berkeley.edu/caps>

Due to the unpredictability of pandemic, CAPS may change its services accordingly. Please refer to the CAPS website for the most updated information.

- All initial visits with counselors will be by phone. Please call (510) 642-9494 to speak with a counselor if you are needing help and do not already have an appointment.
- CAPS hours are currently 10am - 4pm, Monday – Friday. For after-hours support, please call the 24/7 line at (855) 817-5667
- Students who have follow-up appointments scheduled should check secure messages for updates from their assigned counselor.
- Drop-in urgent counseling has been suspended. Students with urgent concerns should call 510-642-9494 to speak with a counselor as a first step.
- Many of our [satellite offices](#) are closed due to building closures. Please check your specific location. All Let's Talk drop-in at satellite locations has been suspended until further notice.
- Additional Emergency Resources:
  - o [Alta Bates Emergency Room\(link is external\)](#)
  - o [National Suicide Prevention Lifeline\(link is external\)](#) (24/7): 1 (800) 273-8255

- o [The Trevor Project\(link is external\)](#) (for LGBTQ+ Youth, 24/7): 1 (866) 488-7386

### **Taking care of your physical and emotional health during uncertain times.**

Tips and resources around [mental health and coping](#).

Pay attention to your stress level and prioritize stress management. Practice [self care](#) by talking to friends, exercising, and taking breaks will help your academic performance.

Visit [recalibrate](#) for wellness information and resources targeted at the entire campus community.

**TANG / or call the Nurse Advice Hot Line (24/7) at (510) 643-7197**

### **Sleep**

**The Division of Equity & Inclusion:** <https://diversity.berkeley.edu/covid-19-ei-here-serve-you>

Please refer to the link above for the latest information on Equity & Inclusion resources, support, and accommodations. For information on how to report a hate crime or hate-related incident on campus, please go to: <https://campusclimate.berkeley.edu/report-incident>.

### **Department of Ethnic Studies Undergraduate and Graduate Advisors:**

- Laura Jimenez-Olvera, Undergraduate Advisor: [lauraj@berkeley.edu](mailto:lauraj@berkeley.edu)
- Dewey St. Germaine, Undergraduate Advisor: [deweystg@berkeley.edu](mailto:deweystg@berkeley.edu)
- Latonya Minor, Graduate Advisor: [msminor@berkeley.edu](mailto:msminor@berkeley.edu)

**The Disabled Students Program:** <https://dsp.berkeley.edu/>

- Immediate support: (510) 642-0518 (Mon-Fri, 9am-5pm)
- Assistance in 24-48 hours: [dsp@berkeley.edu](mailto:dsp@berkeley.edu)
- After-business hours: (510) 219-1577

**The Ethnic Studies Library:** <https://eslibrary.berkeley.edu/>

Please feel free to contact the library for consultations re: access to online resources, etc.

- Lillian Castillo-Speed, *Head Librarian/Chicano Studies Librarian*  
[csl@library.berkeley.edu](mailto:csl@library.berkeley.edu)  
[Schedule an appointment with Lillian](#)
- Sine Hwang Jensen, *Asian American Studies Librarian/Comparative Ethnic Studies Librarian*  
[shj@berkeley.edu](mailto:shj@berkeley.edu)  
[Schedule an appointment with Sine](#)

**The Student Technology Fund:** <https://techfund.berkeley.edu/>

The Student Technology Fund has allocated emergency funding to rapidly deploy loaner devices to students without access to reliable, well-functioning laptops and/or WiFi hotspots. Further information, updates and eligibility information can be found [here](#).

**The Undocumented Students Program:** <https://undocu.berkeley.edu/usp-services-3-10-3-27/>

Please refer to the link above for the latest information on USP services in response to COVID-19.

For **AAPI-specific community resources** which include “in-language” resources for wellness and health, various hate crime reporting tools, sample social media graphics and posts, and press coverage, please refer to the following link created by the National Council of Asian Pacific Americans (NCAPA) - a coalition of 34 national Asian Pacific American organizations around the country: [NCAPA's COVID-19 Response Toolkit](#).

**Health and Wellness:**

Berkeley counselors give self-care tips

[https://www.youtube.com/watch?v=\\_13Au6I4s40&feature=youtu.be](https://www.youtube.com/watch?v=_13Au6I4s40&feature=youtu.be)

**Resources for Parents:**

[https://docs.google.com/document/u/1/d/1hOQrtB3ae-Vbc\\_roGNRiKUncXjViA61xWQKbWWev5Bk/mobilebasic](https://docs.google.com/document/u/1/d/1hOQrtB3ae-Vbc_roGNRiKUncXjViA61xWQKbWWev5Bk/mobilebasic)

**Scheduled Events:**

**April 8th**

Virtual Cooking Class

[UC Learning Center for \\_ Kitchen Staples Cook-Along](#)

**April 10th**

[UC Learning Center Class for \\_ Yoga For Tension And Stress Relief](#)