



Campus-Specific Resources

- Gender Violence Services Coordinators
 - <https://gvsc.unc.edu>
 - GVSC card: <https://womenscenter.unc.edu/wp-content/uploads/sites/349/2020/01/GVSC-Card.pdf>
 - Please email GVSC@UNC.EDU or call 919-962-7430 or 919-962-1343 to schedule an appointment
- Equal Opportunity and Compliance Office
 - <https://eoc.unc.edu>
 - For EOC, disability issues, or Title IX and VAWA issues, contact Elizabeth Hall, Interim Associate Vice Chancellor/ADA Coordinator at elizabeth.hall@unc.edu or (919) 445-1297
- Counseling and Psychological Services
 - <https://caps.unc.edu>
 - Email caps@unc.edu for interview requests and general questions about CAPS services.
 - For urgent concerns 24/7, please call 919-966-3658.
- Safe at UNC
 - <https://safe.unc.edu>
 - Comprehensive info about on and off-campus resources and support available for experiences of gender-based violence and harassment
- Carolina Resilience Coaches
 - <https://diversity.unc.edu/programs/carolina-collaborative-for-resilience/>
 - Request a Resilience Coach:
https://unc.az1.qualtrics.com/jfe/form/SV_9yOMSA5PZO1JriC

General Asian American-Focused Mental Health Resources

- 🔗 Asian American Psychological Association
 - 🔗 The AAPA offers this living document of links on wellness, coping with racism, and other organizations that support AAPI health:
<https://docs.google.com/document/d/1GrseIJIOFiNOzeQT3X3aizokL-M4NvXp7vCP4W-jm8/edit>
- 🔗 Southasiantherapists.org
 - 🔗 Directory of South Asian therapists, including therapists of Indian, Pakistani, Bangladeshi, Sri Lankan, Afghanistani and Nepali heritage.
- 🔗 Asian-American InterCommunity Service
 - 🔗 Non-profit organization dedicated to the health and well-being of the communities around us with a preferential focus on the under-served and hard-to-reach population segments.

- ✉ Email: aicscare@aicscare.org
- Website: www.aicscare.org, www.aicscare.com
- ✉ Contact form: <https://www.aicscare.org/contact/>

Community Resources

- Kiran
 - <https://www.kiraninc.org/>
 - 24/7 confidential support for South Asian victims/survivors
 - 1-877-NC-KIRAN
 - [\(919\) 831-4302](tel:(919)831-4302)
- Orange County Rape Crisis Center
 - <https://ocrcc.org>
 - 24/7 confidential support for victims/survivors of sexual violence in Orange County, NC
 - 24-Hour Helplines: Phone: (919) 967-7273, Text: (919) 504-5211
- Compass Center
 - <https://compassctr.org>
 - 24/7 confidential support for victims/survivors of relationship/dating violence in Orange County, NC
 - 24-hour crisis line: (919) 929-7122
 - Self-Sufficiency & Other Services: (919) 968-4610