WHAT TO DO IF YOU EXPERIENCE/WITNESS AN ACT MOTIVATED BY BIAS AGAINST RACE, ETHNICITY, RELIGION, GENDER, OR SEXUALITY.

Reach out to a trusted resource like SAN for support. We offer free referrals and mental health services that can help you recover and heal.

For Immediate Assistance: 911
Stop AAPI Hate: stopAAPIhate.org/reportincident/
AAAJ English: (888)349-9695
AAAJ Hindi: (855)971-2552
Anonymous Options
FBI: tips.fbi.gov
FBI Tipline: 1(800)225-5324
FBI LA Field Office: (310)477-6535
FBI Tipline: tips.fbi.gov

Reach out to a trusted resource like SAN for support. We offer free referrals and mental health services that can help you recover and heal.
If you are a Bystander

1. stay calm and keep yourself safe
2. document the incident (take a video) undercover
3. speak out against the aggressor if it is safe
4. invite the targeted person to leave with you and make sure they are being led out somewhere safe
5. find someone else who can go and find help for you
6. give the recording to the victim, do not take any other action after without permission of the survivor

If you are a Survivor

1. make sure you are someplace safe from the aggressor
2. report the incident to Stop AAPI Hate and SAN
3. Try to determine whether it was a hate crime or hate incident (not a crime)
4. identify contacts that can support you in this difficult time (housing, food, financial assistance, etc.)
5. seek legal support (Ex. AAAJ SoCal)
6. report to the FBI
7. determine whether it is realistically safe to report to law enforcement based on your immigration status if you seek criminal justice
8. seek compensation (ex. CA Victim Compensation Board)
9. understand and process your experience through mental health support (Ex. SAN)