



# ECU<sup>®</sup>

**COUNSELING  
AND STUDENT  
DEVELOPMENT**

---

## Statement of Support for Asian, Asian American and Pacific Islander Communities

The ECU Center for Counseling and Student Development (CCSD) stands in solidarity with the Asian, Asian American, and Pacific Islander communities in the face of the most recent acts of violence, hate, and expressions of anti-Asian bias. These attacks, in the context of the global pandemic, and acts of racial violence against African-Americans are undoubtedly impacting the mental health and well-being of our ECU community. Direct and indirect exposure to such events can be troubling for some and traumatizing for others, resulting in many emotional reactions that can be difficult to manage. If you are in distress, please know we are here to help. Students may contact The Center for Counseling and Student Development at any time by calling (252)328-6661. Links to additional resources about racial injustice and how to take action against it are listed below:

<https://counselingcenter.ecu.edu/resources/self-help/mental-health/>

<https://www.advancingjustice-aajc.org/>

<https://www.advancingjustice-aajc.org/covid19>

<https://stopaapihate.org/>