Supporting our Afghan and Palestinian Communities

05/17/21 | Spring Quarter, Week 8

Supporting our Afghan and Palestinian Communities
CW: violence, death

Our hearts are with our Palestinian and Afghan communities. In the past week, we have seen escalating violence, policing, erasure, and loss of life in Jerusalem, Gaza, and surrounding neighborhoods. We have also witnessed the lives lost and the many injuries that were sustained by mostly school girls who attended Sayed ul Shuhada; many of whom were from the Hazara neighborhood in Kabul. Many in our communities are collectively grieving in the face of this violence.

If you have been impacted by any of these events, please reach out to us for support or if you need someone to talk to. We understand that what may appear to some as distant events, may feel immediate to some, including those with loved ones in the region. They are the stories of our families, of our friends, and those we love and our homelands. We also know what it is like to struggle to be seen in higher educational institutions. Our student communities may be struggling to focus or concentrate on midterms and assignments. Many of us may also be experiencing feelings of fear, anger, sadness, and frustration. We're a part of your community and we are here to support you in the best way we can.

Below you will find resources for emotional well being, and community support. We are all reacting in different ways so please check in with yourself and identify what you need. If you would like to learn more, please contact the office directly.

Academic Accommodations
If you are a student experiencing academic difficulties, please contact your faculty if you need support requesting or supporting an accommodation. Furthermore, students can also reach out to the Office of Student Support & Judicial Affairs for support by filling out this form for themselves. If you need assistance filling this out or obtaining accommodations, contact Affaf Waseem (awaseem@ucdavis.edu).

Counseling Support
If you or anyone you know is a registered UCD student and is feeling impacted, overwhelmed, stressed, and/or anxious please remember that Counseling Services and other CAN Counselors are available to speak with folks.

- Hours: M, T, R, & F: 8am - 4:30 pm; W: 9 am - 4:30 pm
- To schedule and make an appointment log into Health e-Messaging or call 530-752-0871
- For crisis consultations and after hours support, call 530-752-0871
- The TAO Mindfulness Library is free and available to everyone.
- Call 911 if it is an emergency

Reporting Harassment
If you have experienced any type of harassment, hate, or bias, we highly encourage you to report it to Harassment & Discrimination Assistance and Prevention Program (HDAPP). If you are uncomfortable providing your personal information while reporting the incident, remember that it can be done anonymously.

You may report an incident through:

- Email: hdapp@ucdavis.edu
- Phone (Davis: 530-747-3864, Sacramento: 916-734-3417)
- Anonymous Call Line (Davis: 530-747-3865, Sacramento: 916-734-2255)
- Online Reporting Form

Community Care - Talk to Someone
Schedule an appointment and connect with Affaf Waseem, Director of MENASA Student Resources if you need to talk to someone or need advice.

We understand that these experiences can be challenging, and that many of our communities are impacted by the military industrial complex. We hold these complexities together and know we can work together to support each other to create systemic change for our collective liberation. Please reach out to our office with any questions or concerns.

With love and care always,
MENASA Student Resources team

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Opportunity to share? Submit here.