

**Honor Differences.
See the Humanity in Everyone.**

umass.edu/diversity

UMassAmherst

Equity & Inclusion



STAND UNITED. FIGHT HATE.



Taking Care of Yourself in the Aftermath of Hate

When an act of bias or hate affects our community, you may experience a range of emotions, including anger, fear, isolation, stress, uncertainty and concern for your personal safety and that of others. Hate takes its toll, and we all need to be mindful about self-care in its wake. Pay attention to your emotions. Share them with someone you trust and check in on the people close to you. Support can help us get through painful times, find strength and renew our health.

Consider getting help.

UMass has many resources to support you.

If you are a student, the Dean of Students Office is your one-stop shop for advice and support for managing challenging or crisis related matters. If you are not sure what you need, start there. Call 413- 545-2684.

If you need someone to talk to confidentially, seek out our campus resources to support your mental wellness.

Center for Counseling & Psychological Health: 413-545-2337

Faculty and Staff Assistance Program (FSAP): 413-545-0350

Reporting matters. It enables us to track incidents, observe patterns, and take corrective steps.

Contact UMPD, non-emergency: 413-545-2121 or emergency: 911.

In the aftermath of an act of hate, you may want to learn more about what you can do as a bystander in case of future incidents, or what you can do to restore community after the fact. Learn how to take action.

Visit umass.edu/diversity/fight-hate.