



DoSAA Statement on Violence in Bangladesh

The Asian American Psychological Association's Division on South Asian Americans (DoSAA) condemns the state suppression and violence that is currently unfolding in Bangladesh. As a community of students, scientists, educators, community advocates, and mental health professionals, we intimately understand the psychospiritual cost of these human rights abuses – from state-orchestrated internet blackouts, censorship, and violence against journalists; to police brutality, shoot-on-sight orders, and murders of over 170 community protestors – now, and for generations to come. The tragedy of this moment is inseparable from similar conflicts the globe over – and we wish to highlight the interconnectedness between state-sponsored violence against the Bangladeshi people and the ongoing genocide of Palestinians and the humanitarian crises in Sudan and Congo. In particular, per recent investigative reports, the Bangladesh Armed Forces have collaborated with the Israeli Defense Force, both in training as well as weapons and technology procurement, which undoubtedly foregrounds the humanitarian crisis we are witnessing today. This moment underscores the reality of Civil Rights activist Fannie Lou Hamer's words: ***none of us is free, until we all are.***

DoSAA aspires to represent *all* South Asians and South Asian Americans (SA/SAA) and is acutely aware of the silencing and erasure of non-Indian SA/SAA globally as well as within our own organization. We specifically note the deeply entrenched role and pervasive impact of Islamophobia in our diasporic communities that contributes to this issue. At DoSAA we are committed to doing better by recognizing our complicity and taking action.

Being away from home during this crisis is agonizing. Every second is filled with anxiety, anger, frustration, and profound sadness. This is not just me, everyone living away from home constantly worries about our family, our home and our people. The nationwide internet blackout and curfew have severed our communication lines, leaving us in a state of ultimate helplessness.

[-Afsana Alam \(Bangladeshi graduate student, Ohio University\)](#)

As members of the South Asian community, as ally-accomplices, researchers, students, educators, and mental health professionals, it is vitally important that we use our voices, professional privileges, and access to resources to collectively raise awareness around these injustices, their impact on the Bangladeshi diaspora, our broader community, and the world.

To assist you in this effort, we have compiled some action items to support our Bangladeshi community members along with educational and community resources.

Step One - Be Informed: Before taking action, we must understand the basics. Increase your understanding of the current issues by critically reading different, reliable sources and talking with others. By educating ourselves about world events, their context within South Asia, and throughout the world, we raise our global consciousness. By raising our critical and global consciousness, we engage in our roles from a place of intention and knowledge, enriching our contribution and connection to one another and society at large. We invite you to engage with cultural humility by growing your understanding, critically reflecting on discrepancies, and recognizing individuals' lived experiences and perspectives.

Repost, Uplift: [Share Equality Labs resource/image: Solidarity with the Bangladeshi Student Movement](#) on social media to raise visibility and awareness

As mental health professionals...

Increase your understanding of the US-based Bangladeshi diaspora to encourage your understanding of context before offering care.

Reach out to University Counseling Centers or local Bangladeshi student organizations to connect and offer support. Using your skills identify local mental health and community resources that could provide low-cost and/or cultural-specific care. Some mental health and community resources are listed below.

As students...

Host talks on campus, speak to educators/leaders/University Counseling Centers in your schools about what they're doing and what cultural-specific resources they are providing.

As neighbors...

Reach out to neighbors or people in your community who may be affected.

As global citizens...

Stand up for those who are discriminated against, reach out to your state representative and voice your concerns: [Find Your Members in the U.S. Congress](#)

Signed,

Division of South Asian Americans
Asian American Psychological Association Social Justice Committee
Asian American Psychological Association Executive Committee

Educational and Mental Health Resources

Educational sources

July 18- July 25, 2024

- [Bangladesh | Today's latest from Al Jazeera](#)
- [Bangladesh protests death toll nears 180, with more than 2,500 people arrested after days of unrest - CBS News](#)
- [What's Behind Bangladesh's Student Protests? | United States Institute of Peace \(usip.org\)](#)
- [Bangladesh's top court scales back government jobs quota after deadly unrest that has killed scores](#)
- [A live blog and updates about current curfew/military movement - Netra News](#) By a not-for-profit in Sweden that reports specifically on Bangladeshi issues. Their collaborators in Bangladesh tend to be anonymous.
- [Bangladesh student protests: Why is the government facing public anger? \(bbc.com\)](#)
- [What to know about the violent protests over government jobs roiling Bangladesh | AP News](#)

March, 2024

- [Dissent under Siege: Case Studies of Repression in the Digital Era of Bangladesh](#)
Shams, A. (2024) *Dissent under Siege: Case Studies of Repression in the Digital Era of Bangladesh*. *Advances in Journalism and Communication*, **12**, 207-230.

2023

- [More than 13,000 Bangladeshis—an all-time high—are currently studying in the United States during a record-setting year - U.S. Embassy in Bangladesh](#)
- [The Bangladeshi Diaspora in the United States: History and Portrait.](#)

November, 2022

- [The American Dream of Bangladeshis | Asia Society](#)

April, 2021

- <https://www.pewresearch.org/social-trends/fact-sheet/asian-americans-bangladeshis-in-the-u-s/>

*Thank you to Dr. Snehal Kumar for sharing sources with the listserv this past week.

Community voices and solidarity

- [Bangladeshi students in US express solidarity with quota protesters](#)
- [From Bangladesh to the world: Save our students | Commentary | athensnews.com](#)
- [High school and university students gather to support Bangladesh | Centre County Gazette | StateCollege.com](#)
- [Bangladeshis in Arizona support students' stand on job quotas, fear for relatives' safety](#)
- Hashtags to stay updated with community members on the ground: #QuotaMovement, #QuotaReform, #QuotaReformProtest

Mental health and community resources

- [South Asian Mental Health Initiative & Network](#)
 - [Mental Health Provider Directory | SAMHIN](#)
- [South Asian Therapist Directory - Find a Therapist Near You](#)
- [Asian American Federation - Mental Health Directory](#) (New Jersey, New York)
- [American Muslim Health Professionals - multiple mental health resources](#)
- University Counseling Centers/Counseling and Psychological Services - for students and in some cases staff and faculty, reach out to your campus counseling center for support opportunities (therapy and referrals)
- [Mango Tree Counseling and Consulting - Monthly South Asian Listening Circle \(virtual, free\) - Meeting Registration Link](#)
- [Institute for Muslim Mental Health](#) A non-profit organization engaged in research, resource development, training and advocacy
- [Inclusive Therapists Directory](#)
- [Asian Mental Health Collective's Asian Pacific Island Desi American Therapist Directory](#)
- [National Queer and Trans Therapists of Color Network](#)
- [Mental Health Resources for Marginalized Communities](#)
- [Asians Do Therapy](#)
 - [Ready to Begin Therapy](#) - some helpful tips on beginning therapy
- [Equality Labs](#) Works to end caste apartheid, gender-based violence, Islamophobia, and white supremacy through advocacy, education, digital security, and collective healing.
- [Mental Health Connector – Immigrants Rising](#) (California)
- [Bangladesh Mental Health Form - Awareness materials](#)

Please feel free to share additional resources with the listserv or email us directly at dosaa.communication@aapaonline.org.