



Asian American Psychological Association (AAPA) Statement on Monterey Park Shooting January 23rd, 2023

We at AAPA are devastated by the events of this past weekend in Monterey Park, CA. What was meant to be a time for joy, community, and celebration with the start of the Lunar New Year is now an event marked with tragedy and sadness. We grieve with those injured and killed in this mass shooting as well as with their loved ones, and our thoughts are with all those who have been impacted by this event.

As details continue to unfold, we want to remind our community that it is okay to take the time you need to take care of yourselves, to engage in healing practices and self-care, and to process this tragic act of violence. As our prior and recent experiences remind us, repeated exposure to traumas (both direct and vicarious) leads to significant emotional and physical distress. It is vital during this time to take steps to address this, both individually and as a community to support one another in our shared sorrow.

We are a resilient community and will continue to persevere as we have always done.

We stand with you, our communities and families, and remain committed to working with national API organizations, partners and policymakers to create change that elevates and protects our Asian and Pacific Islander communities.

Additional Resources

[Asian American Psychological Association](#)

[AAPA Provider Directory](#)

[National Council of Asian Pacific Americans \(NCAPA\)](#)

[APA resources for coping with mass shootings, understanding gun violence](#)

[AAPI Community Mental Health Resources in the Los Angeles Area](#)

[Asian Americans Advancing Justice, Southern CA - Help Lines in Different Languages](#)