

The following resources have been compiled for convenient access and sharing. Please be aware of potentially unreliable information and check for verified resources. Please feel free to add additional resources and notes as comments to be merged into the main document or email your resources to erin.kaseda@my.rfums.org.

Provide Direct Financial Assistance to India

[Project Prana Foundation](#)

[List of organizations compiled by PBS](#) (includes links for organizations that provide medical supplies like PPE and oxygen, and for organizations that support marginalized communities in India)

[Direct Relief](#) - select "direct my donation to:" and then "COVID-19 Response - India"

[UNICEF India](#)

[Mutual Aid India](#) - Curated list of mutual aid opportunities to donate; urgent requests are marked with a red "urgent" badge

Links to Find COVID-19 Resources in India

[Verified COVID resources in New Delhi](#) - resource compiled and provided by Savera Psychological Services PC

[Amazon India link for quality masks](#)

[COVID Resources](#) - crowd sourced Google Sheet with information on where to locate medicines, oxygen, hospital beds, and other resources by Indian state

[COVID-19 Resource Finder](#)

[Verified* Covid Help Resources](#)

Links for Mental Health Resources in India

[Suicide Prevention India Foundation](#)

[INDEAR](#) - This form is to join a google group of counselors who are willing to provide free psychological first aid to essential workers in India who are currently hard hit by the COVID 19 pandemic.

Notes on Supporting Students & Trainees of Indian Descent Abroad

Educate yourself on the severity of the humanitarian crisis in India and surrounding countries, including Bangladesh and Sri Lanka.

Be mindful of the workload and academic expectations placed on students and trainees of Indian descent during this ongoing crisis. Keep in mind:

- Just because your student is keeping up with the workload does not mean that they are not struggling.
- The personal impact of the COVID-19 crisis on students and trainees can change day to day, given the constantly evolving situation. The flexibility and support that students need today may be different tomorrow.
- Keep in mind the individual preferences of your students and trainees: what is helpful for one student may not be what another student needs! Don't assume that all students would benefit from time off. Talk to your students individually about what they would benefit from the most.

Let your students and trainees know how they can reach out for additional accommodations and support if needed as the situation evolves.

Non-Indian supervisors and advisors: don't let your nervousness or discomfort stop you from addressing the crisis openly and directly.

- Do not put the burden on your students and trainees to make you feel better about the situation or about your response to it. Center the experiences of your students and trainees and listen to them and what they say they need.