


# Flushing Hospital Medical Center introduces the BRAAVR program to address anti-Asian racism:

## Building Resilience Against Anti-Asian Violence & Racism

There has been a rise in verbal and physical attacks against Asian American and Pacific Islander communities during the COVID-19 pandemic. Experiencing these acts of racism can result in racial trauma and those affected may experience:

- Depression
- Anxiety
- Anger
- Fear
- Low self-esteem
- Shame



The **BRAAVR** program was created by the **Community Wellness program at Flushing Hospital** to help survivors of hate and provide guidance to our community. Our expertly trained, culturally sensitive Mental Health professionals are available for counseling and support.

**For Our Community** - To make an appointment at Flushing Hospital's Behavioral Health Center, please call: English: 718-670-5562, Chinese: 718-670-5316, Korean: 718-670-8739

**For Providers** - Flushing Hospital is educating Primary Care Physicians on how to screen, provide counseling, and potentially refer their patients for services. For more information, please visit our website:

[www.flushinghospital.org/BRAAVR](http://www.flushinghospital.org/BRAAVR)