

# Social Justice **Action for** Afghanistan

Most of you are aware of the recent military withdrawal of the United States from Afghanistan and the swift collapse of the proxy government. At present, a Taliban government, legitimized through U.S.-led “peace” talks, holds power over a country of nearly forty million people. The waging of war in Afghanistan extends beyond twenty years of direct military involvement by the United States. There is a long history of colonial occupations in Afghanistan and ongoing unrest that is fueled by competing interests from surrounding nations and the United States.

The magnitude of the cost to human lives, irreparable damage to the natural environment, and trauma of generations may be difficult for many of you to fathom. However, it is the daily reality Afghans face.

- Afghans make up one of the largest refugee populations with an estimated 2.6 million worldwide and another 3.5 million internally displaced (UNHCR)
- An estimated 263,000 potential Afghan allies (SIV and P-2) and family members were left behind after the 8/31/21 U.S. withdrawal (Association of Wartime Allies)
- As of April 2021, more than 71,000 civilians are estimated to have died as a direct result of the U.S. war (Watson Institute)
- Afghan land is contaminated with unexploded devices, which kill and injure tens of thousands of Afghans, especially children (Watson Institute)

You may feel resigned, confused or overwhelmed when hearing about Afghanistan. We ask you not to rest in confusion or inaction. Here are some ways you can support the Afghan and Afghan-American community.

## Take Action

- **Donate:** Here’s a list of [recommended charities](#).
- **Welcome and support refugee families:**
  - [Volunteer](#) with a local resettlement agency
  - [Host a family](#)
  - Contribute [airline miles](#)
  - Donate goods. We recommend [Hope for San Diego](#) (see [Amazon list](#)) or [Miry’s List](#).
- **Foster an unaccompanied minor:** ([Certification required](#))

- **Raise (y)our voice:**
  - Text “CRISIS” to 52886 and it will auto populate your info and send a letter to your local and state representatives.
  - Sign this [petition](#) demanding the U.S. support the most vulnerable in Afghanistan and lift refugee caps
  - [Call your representatives](#) to advocate for humanitarian aid
  - Write/Donate to the [UNHCR The UN Refugee Agency](#) representatives in Afghanistan.
  
- **Show your allyship:** If you have community members who identify as Afghan or Afghan-American consider reaching out to them with authentic care. Our community continues to be devastated by the atrocities committed in Afghanistan as well as heightened xenophobia in the United States. A daily onslaught of dehumanizing images, problematic rhetoric and false reporting in mainstream media furthers the pain of the Afghan diaspora. Showing your support helps us know we do not stand alone.
  
- **Contribute your skills:** Consider providing pro bono therapy services and mental health support for the Afghan diaspora in a trauma-informed and culturally appropriate way.

## Educate Yourself

### Attend:

- Stanford seminar on [Contextualizing the Current Crisis in Afghanistan](#) 9/2 12-1:15 pm.

### Read:

- Mental Health:
  - [Correlates and Predictors of Psychological Distress Among Afghan Refugees](#)
  - [Psychological Distress in Afghan Refugees](#)
  - [Discrimination and Distress among Afghan Refugees](#)
  - [Working with Refugee Children and Families](#)
  - [Should we talk about politics? What we are missing in counseling sessions.](#)
  - [Which psychological characteristics influence therapists' readiness to work with refugees?](#)
  - [Treating Trauma in America's Refugees](#)
  - [The Mental Health of Refugee Children](#)

- [Review of Refugee Mental Health Interventions Following Resettlement: Best Practices and Recommendations](#)
- Current events:
  - [The U.S Replicated Crucial Flaws From the Past in Afghanistan](#)
  - [Taliban tell Afghan women to stay home from work](#)
  - [‘No one has money’: Banking Shut Down leading to Humanitarian Disaster](#)
  - [What the Afghan Evacuation Looked Like on the Inside](#)
  - [Taliban Pose Threat to Afghan Cultural Heritage](#)
- Historical Perspectives:
  - [Map Explainer: Key Facts About Afghanistan](#)
  - [A Historical Timeline of Afghanistan](#)
  - [The Incredible History of Afghanistan - Arts & Culture](#)
  - [Afghanistan’s Natural Resources](#)
  - [The History of US Intervention in Afghanistan, from the Cold War to 9/11](#)

### **Watch:**

- [Interview with Taliban Leader after Afghanistan Devastation](#)
- [Pashtana Durrani on the state of women and girls in Afghanistan](#)
- [Noam Chomsky on Afghanistan \(post 9/11\)](#)
- [1963 Documentary on the Leadership of Pre-War Afghanistan](#)
- [1950s Afghanistan and U.S. Development Projects](#)

***Let us stand together for human rights and social justice worldwide.***

In Solidarity,

Afifa Zaman, Hossna Sadat Ahadi, and Mousqa Katawazi