**Resource Guide for Well-Being & Resilience**

**During Covid-19 Pandemic & Systemic Racism Exposure**

November 2020

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| **Name** | **Contact Information** |
| **Homewood Health** | <https://homeweb.ca/> |
| **Employee and Family Assistance Program** | **24 hours/day, 365 days a year**  **Phone: 1.800.663.1142**  **Catherine Wilcox, Manager, Health & Wellness**  **Island Health OH&S Dept at:**  **Phone: 250.519.7700, ex. 13256**  **Email: catherine.wilcox@viha.ca**  **Or**  **Darren Buckler, Manager, Safety & Prevention**  **Island Health OH&S Dept at:**  **Phone: 1.888.519.1540**  **Email:** [darren.buckler@viha.ca](mailto:darren.buckler@viha.ca) |
| **Respectful Workplace Counselling** | **For information and intake, please contact:**  **respectfulworkplace@viha.ca**  **Cindy Klassen, Psychological Safety Advisor**  **Tiffany Voorberg, Psychological Safety Advisor**  **Bruce Nelson, Psychological Safety Advisor** |
| **Covid -19: Resources for Staying Mentally and Emotionally Well** | **If you need to talk to someone right away, who can help you understand and select the most appropriate supports for you, call the Island Health MHSU Peer Support Program at 250.739.5883**  **This line is staffed by the Mental Health and Substance Use Practice Support Team.**  **Island Health's Mental Health and Substance Use (MHSU) Practice Support Team is offering a peer support program for all members of our Island Health family.**  **This program offers support navigating to mental health information and resources.** |
| **After hours support available through the Vancouver Island Crisis Line** | 1-888-494-3888  Children's Help Line 310-1234  Victim Link BC 1-800-563-0808 |
| **SUPPORTS SPECIFICALLY FOR INDIGENOUS STAFF** | |
| **Indigenous Counsellors** | Holistic support for Indigenous healthcare staff affected by reports of racism in the organization. One-on-one counselling sessions provided by two Indigenous counsellors registered with British Columbia Association for Clinical Counsellors. They will provide virtual counselling support through phone, video platforms or appropriate physically distanced meetings.  Nancy Kinyewakan (McFarland), Counsellor, Med. RCC  Website: <https://kccshome.wixsite.com/kinyewakanindigenous>  Email: kccshome@gmail.com  Phone: 250-661-5552  Marcey Wika Louie, Counsellor, MA. RCC  Website: <https://www.uvic.ca/services/counselling/home/meet-team/staff/louie-marcey.php>  Email: marceylouie@gmail.com  Phone: 250-857-9134 |
| **KUU-US Crisis Services (24-hour Crisis Services)** | **The KUU-US Crisis line is available 24-hours a day, seven days a week – regardless of where clients live in BC. Clients in need can call any time and receive immediate assistance. For more information visit the KUU website.**  **Toll Free: 1-800-KUU-US17 (1-800-588-8717)**  **Adult/Elder: 1-250-723-4050**  **Child/Youth: 1-250-723-2040**  **For more information about KUU-US, visit http://www.kuu-uscrisisline.ca/** |
| **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service** | The Hope for Wellness Help Line offers immediate mental health counselling and crisis intervention to all Indigenous people across Canada.  Toll-Free: 1-855-242-3310  Hope for Wellness Chat Line: [www.hopeforwellness.ca](http://www.hopeforwellness.ca/) |
| **Métis Nation British Columbia** | Métis Elders’ Help Line 1-833-676-3847  Métis Crisis Line 1-833-638-4722  If you know of someone in need, or someone who is isolated and needs assistance, email: [covid19@mnbc.ca](mailto:covid19@mnbc.ca) |
| **National Indian Residential School Crisis Line** | Indigenous Services Canada offers a national Indian Residential School Crisis Line to support former Residential School students. The crisis line provides emotional and crisis referral services 24 hours per day.  Toll-Free: 1-866-925-4419 |
| **FHNA Mental Health Supports** | <https://www.fnha.ca/benefits/mental-health>  **List of FNHA registered mental health providers:** <https://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf> |
| **FNHA Telehealth Counselling** | <https://www.fnha.ca/benefits/health-benefits-news/important-telehealth-updates-for-mental-health-providers-regarding-covid-19> |
| **Tsow-tun-lelum** | [www.tsowtunlelum.org](http://www.tsowtunlelum.org)  Tsow Tun Le Lum Society’s Cultural Support Services Elders / Traditional Healers are available to provide phone support to hospital patients and community. Tsow Tun Le Lum Nanaimo Facebook page also has supportive messaging, prayers and teachings, including one on cedar and a virtual smudge. Contact Rebecca Visscher, RHSW Coordinator at 1-888-590-3123 or via email at [RHSWCoor@tsowtunlelum.org](mailto:RHSWCoor@tsowtunlelum.org) |
| **SUPPORTS SPECIFICALLY FOR BIPOC (BLACK, INDIGENOUS & PEOPLE OF COLOUR) STAFF** | |
| **Healing In Colour** | **Directory of BIPOC Therapists**: <https://www.healingincolour.com/directory> |
| **SUPPORTS SPECIFICALLY FOR LGBTQ2SAI+ (LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, TWO SPIRIT, ASEXUAL, INTERSEX, PLUS) STAFF** | |
| **QMUNITY Counselling & Wellness Program** | QMUNITY offers free and reduced-cost health and wellness counselling for individuals, couples, relationships, and families. All counsellors are members of the LGBTQ2SAI+ communities:  <https://qmunity.ca/get-support/counselling/> |



**Trauma Informed Care/Practice**

<https://trauma-informed.ca/>

<https://traumainformedoregon.org/wp-content/uploads/2020/03/Considerations-for-COVID-19-Trauma-Informed-Response.pdf>

**Double your Bubble – Guide:**

<https://www.facebook.com/cowichan.tribes/photos/a.326516137485539/1862789790524825/?type=3&theater>

**Virtual Doctor of the Day:**

<https://www.facebook.com/TsewulhtunHealthCentre/photos/pcb.1611311589021172/1611311162354548/?type=3&theater>

**Friendship Centres**

<https://www.facebook.com/TillicumLelumAboriginal/>

<https://www.facebook.com/VictoriaNativeFriendshipCentr/>

**Metis Facebook**

<https://www.facebook.com/hiiyeyulelum/>

<https://www.facebook.com/imfcss/>

<https://www.facebook.com/MidIslandMetisNation/>

<https://www.facebook.com/NorthIslandMetisAssociation/>

**Further Learning on Anti-Indigenous Specific Racism:**

<https://www.racialequitytools.org/resourcefiles/bonita-lawrence-decolonizing-anti-racism.pdf>

<https://www.heartandstroke.ca/-/media/pdf-files/canada/clinical-update/first-peoples-second-class-treatment.ashx?la=en&hash=BD340323B829BD5FB8CA9A999019F2E179E240EC>

<https://www.ohchr.org/Documents/Issues/IPeoples/EMRIP/Health/UniversityManitoba.pdf>

<http://www.icscollaborative.com/webinars/critical-race-theory-and-its-implication-for-indigenous-cultural-safety>

<https://www.ccnsa-nccah.ca/docs/determinants/RPT-HealthInequalities-Reading-Wien-EN.pdf>

<https://www.nccih.ca/495/Webinar__Anti-Aboriginal_Racism_in_Canada__A_Social_Determinant_of_Health.nccah?id=160>

<https://www.nccih.ca/495/Determinants_of_Indigenous_Peoples__Health_In_Canada,_Second_Edition__Beyond_the_Social.nccih?id=158>

**Metis Nation Related:**

<https://www.mnbc.ca/news/>

<https://omny.fm/shows/mike-smyth/health-workers-racist-guessing-game#description>

**Inuit Related:**

<https://yellowheadinstitute.org/2019/02/07/dear-qallunaat/>

<https://portal.cfpc.ca/ResourcesDocs/uploadedFiles/Resources/_PDFs/SystemicRacism_ENG.pdf>

**Further Learning/Overview on Systemic Racism and Anti-racism:**

<https://www.racialequitytools.org/glossary>

<https://www.racialequitytools.org/fundamentals/history-of-racism-and-movements/diaspora-and-colonialization1>

<https://theundefeated.com/features/ibram-kendi-leading-scholar-of-racism-says-education-and-love-are-not-the-answer/>

<https://www.bu.edu/antiracism-center/>

<https://brenebrown.com/podcast/brene-with-ibram-x-kendi-on-how-to-be-an-antiracist/>

<https://brenebrown.com/podcast/brene-with-austin-channing-brown-on-im-still-here-black-dignity-in-a-world-made-for-whiteness/>

<https://www.policyalternatives.ca/issues/race-and-anti-racism>

**TRC Calls to Action and Doctrine of Discovery**

<http://trc.ca/assets/pdf/Calls_to_Action_English2.pdf>

<https://www.united-church.ca/social-action/justice-initiatives/doctrine-discovery>

<https://www.anglican.ca/primate/tfc/drj/doctrineofdiscovery/>

**Origins of the Ideology of Racial Superiority in Medical Science**

<https://www.nytimes.com/interactive/2019/08/14/magazine/racial-differences-doctors.html>

<https://www.facinghistory.org/holocaust-and-human-behavior/chapter-2/science-race>

<https://depts.washington.edu/uwmedptn/strategies-programs/healthcare-equity/>