

Racism impacts us on a number of levels, from legal status, access to quality healthcare, meaningful education, housing, employment opportunities, political and civic participation, to a fundamental sense of worthiness, safety and belonging. The list below highlights some resources including legal frameworks, support services and self-care that could be helpful for you or someone you know. We acknowledge that experiences of racism are not the same and that people have different ways of healing. This is by no means an exhaustive list, but rather suggestions for further exploration.

LEGAL FRAMEWORKS AND HOTLINES

File a complaint to the Human Rights Commission.

BC Human Rights Tribunal: <http://www.bchrt.bc.ca/index.htm>

Information on hate crimes and hotlines for non-emergency hate crime questions and support:

BC Hate Crimes: <https://hatecrimesinbc.resiliencebcnetwork.ca/report-a-hate-crime/>

BC Hate Crimes Team:

Phone: 1-855-462-5733 (toll free)

E-mail: BC_Hate_Crime_Team@rcmp-grc.gc.ca

Find legal advice or representation in court:

BC Legal Aid: <https://lss.bc.ca/>

Free legal advice is you are experiencing islamophobia:

Islamophobia Hotline: <http://islamophobiaonline.ca/>

Phone: 604-343-3828

ADDITIONAL SUPPORT SERVICES

Black Youth Helpline: <https://blackyouth.ca/>

Toll Free 1-833-294-8650

BC Mental Health Support Line:

Phone: 310-6789 (do not add 604, 778, or 250 before the number). It's free and available 24 hours a day.

Women Against Violence Against Women: <https://www.wavaw.ca/>

Support or information regarding gender-based violence, offers an intersectional approach to gender based violence for cis woman, non-binary/trans or 2spirit people of colour.

Phone: 604-255-6344 | 1-877-392-7583

A directory of BIPOC therapists who are committed to supporting BIPOC: <https://www.healingincolour.com/about>

KUU-US Crisis Line Society provides a First Nations and Indigenous specific crisis line available 24 hours a day, 7 days a week, toll-free from anywhere in British Columbia. <https://www.kuu-uscrisisline.ca/>

Toll Free: 1-800-588-8717

Youth Line: 250-723-2040

Adult Line: 250-723-4050.

SELF-CARE FOR RACIALIZED FOLKS BY RACIALIZED FOLKS

A workbook for healing from racial trauma locked in the body: *My Grandmother's Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem

Meditations by and for people of colour: <https://liberatemeditation.com/>

Grounding and self-care for black folks engaging in actions for justice: https://blacklivesmatter.com/wp-content/uploads/2018/01/BLM_HealingAction_r1.pdf

Online resource on healing from internalized oppression: <https://ctb.ku.edu/en/table-of-contents/culture/cultural-competence/healing-from-internalized-oppression/main>

Steps for Self-Care for people of color after emotional and psychological trauma: <http://www.justjasmineblog.com/blog-1/self-care-for-people-of-color-after-emotional-and-psychological-trauma/>

Online Space dedicated to the mental health of black women: <https://therapyforblackgirls.com/category/self-care/>

HOW TO RESPOND WHEN TARGETED IN A DISCRIMINATORY INCIDENT

Workplace harassment: <https://www.ihollaback.org/respond-workplace-harassment/>

Street harassment: <https://www.ihollaback.org/responding-to-harassers/>

Online Harassment: <https://www.ihollaback.org/blog/2017/09/27/counterspeech-dos-donts/>

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The Centre for Diversity and Innovation is dedicated to creating an equitable and inclusive North Shore community through customized diversity workshops for adults and youth, innovative community engagement initiatives, and resource development.