



Diversity, Equity and Inclusion in Patient Engagement

Self-care and Safety Support

We're so grateful that you're joining us and we want to make sure you feel supported and safe during the webinar. We recognize that conversations around diversity, equity and inclusion (DEI) can be emotionally charged and stir up uncomfortable feelings. In support of that effort, we have included suggestions for you to think about as you prepare for and attend the webinar, so you can be as comfortable and safe as possible.

Self-care Online

Sitting in front of your computer can be draining. Here are some ideas to help keep you engaged and comfortable throughout the webinar:

- Have a drink such as water, tea or coffee
- Have a snack
- Keep tissues nearby
- Keep pens, markers and paper nearby
- Have fidget items or a coloring book nearby
- Move your body – take breaks to stretch whenever you need to
- Turn off your video if you need to
- If you are not comfortable speaking out in the question and answer part of the webinar, you can use the chat box to add comments or ask questions
- You can step away or leave the webinar at any time

Webinar Debriefing:

If you would like some time to debrief about what you experienced during the webinar, please let us know by contacting Cassy at cmitchell@bcpsqc.ca or 250.279.0717.

Special Thanks:

This self-care guide was inspired by the following contributors:

- Marika Sandrelli, MHSU Fraser Health
- Len Pierre and Margo Pearce, Aboriginal Health
- Alia Januwalla, BC SUPPORT Unit Fraser Centre
- Bev Pomeroy, Island Health

There are several resources available if you need mental health or emotional support:

For Indigenous Mental Health:

The KUU-US Crisis Line Society provides a First Nations and Indigenous-specific crisis line available 24 hours a day, 7 days a week. KUU-US Crisis Line can be reached toll-free at 1.800.588.8717. Or individuals can call directly into the Youth Line at 250.723.2040 or the Adult Line at 250.723.4050.

For All BC Residents:

- **QMUNITY** is BC's Queer, Trans and Two Spirit Resource Centre
- **BounceBack®** is a free skill-building program by the Canadian Mental Health Association designed to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.
- **The Crisis Centre of BC** offers emotional support, information and resources specific to mental health in British Columbia. Free and available 24 hours a day at 1.800.784.2433 or online chat at crisiscentrechat.ca.
- **Online Two Minute Re-Centring Mindfulness Meditation** is a two-minute guided meditation for the purpose of re-centring yourself after stressful events or interactions. It is not designed to be used instead of your everyday practice but rather when needing to re-centre yourself in a short space of time.

PVN is a community of patients, families and caregivers working together with health care partners to improve BC's health care system.