



Strengthening the Circle

Self-care & safety

We are so grateful that you are joining us! Your health and wellbeing should be honoured.

We want to make sure you feel as supported and safe as possible during the symposium. We have included suggestions for you to think about as you prepare for and attend the event, so you can be as comfortable and safe as possible.

Self-care online: Sitting in front of your computer all day can be draining. Here are some ideas to help keep you engaged throughout the sessions:

- Water, tea, or coffee
- Snacks
- Tissues/Kleenex
- Pens/markers and paper
- Fidget items or a colouring book
- Move your body – take breaks to stretch whenever you need to

There are a number of resources available if you feel you need some mental health 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. Alternatively, individuals can call direct into the Youth Line at 250-723-2040 or the Adult Line at 250-723-4050.
- The Métis Crisis line is available 24 hours a day, 7 days per week for self-identified Métis people in BC. Call toll-free 1-833-Metis-BC (1-833-638-4722).
- Aboriginal health liaisons connect with Aboriginal patients and family members, health care professionals, and other service providers in the Fraser Salish region to make sure Aboriginal patients receive culturally safe, appropriate, and timely care, whether in hospital or community. To access the services of an Aboriginal Health Liaison, you can call toll free at [1-866-766-6960](tel:1-866-766-6960).

For Fraser Health Employees:

- The following wellness resources are available for Fraser Health employees: <https://www.fraserhealth.ca/employees/employee-resources/your-health-matters/mental-health#.YKLuatiWycw>

For all BC Residents:

- BounceBack® is a free skill-building program 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.
- BC Mental Health Support Line: 310-6789. Offers emotional support, information and resources specific to mental health in British Columbia. Free and available 24 hours a day.

Strengthening the Circle: De-Briefing:

If you would like some time to de-brief about what you experienced during the Symposium in a sharing circle with Fraser Health Indigenous Cultural Safety, please let us know by emailing culturalsafety@fraserhealth.ca. We will reach out to you with a date and time where an online space will be offered to share your thoughts and feelings in a safe and supported environment.