

Systemic discrimination part 2

What we can do

Module 1 handouts



British Columbia's
**Office of the Human Rights
Commissioner**

Where can I get support?

Below we list a number of resources for those experiencing distress. This list is not exhaustive and may not include the most appropriate resource to meet your needs. If you require assistance and don't see a program here that's right for you, please feel free to contact our Office for assistance by emailing info@bchumanrights.ca.

Crisis Intervention & Suicide Prevention Centre of BC

Immediate access to barrier-free, non-judgmental, confidential support and follow-up through 24/7 phone lines and online services.

Call: 1-800-784-2433 (1-800-SUICIDE)

Chat: www.crisiscentrechat.ca

VictimLinkBC

Toll-free, confidential, multilingual service available across B.C. and the Yukon 24 hours a day, 7 days a week.

Call or text: 1-800-563-0808

Email: VictimLinkBC@bc211.ca

310 Mental Health Support

Toll-free province-wide access to emotional support, information and resources specific to mental health, available 24/7.

Call: 310-Mental Health (310-6789) – no need to dial an area code

Alcohol & Drug Information and Referral Service

Free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Free, multilingual telephone assistance is available 24 hours a day, 7 days a week.

Call: 1-800-663-1441

KUU-US Crisis Line Society

24-hour crisis line for Indigenous adults, elders and youth: First Nations and Aboriginal Peoples helping First Nations and Aboriginal Peoples.

Call toll-free: 1-800-588-8717 **Adults and Elders call:** 250-723-4050

Children and Youth call: 250-723-2040



Indian Residential Schools Survivors Society

Crisis support for Survivors, families and communities, offering emotional, mental, and spiritual support, available 24/7.

Call: 1-800-721-0066

Black Youth Helpline

Professional, culturally relevant youth and family assessments and intervention

Call: 1-833 294 8650

Native Youth Crisis Hotline

Answered by staff 24/7. Available throughout Canada and US.

Call: 1-877-209-1266

Kids Help Phone

Canada-wide 24-hour bilingual counselling and information services for children and youth between 5 to 20 years old. Services can be accessed via telephone, mobile app, and online.

Call: 1-800-668-6868

Islamophobia hotline

Free confidential legal advice if you feel that you have been discriminated against, harassed, or faced violence because you are Muslim or are perceived to be Muslim.

Call: 604-343-3828

S.U.C.C.E.S.S. Chinese Help Lines

Serves callers in the province of British Columbia who speak Mandarin or Cantonese.

For Cantonese, call: 604-270-8233

For Mandarin, call: 604-270-8222

Prideline (Gay and Lesbian Helpline)

Peer support, information and referrals for anyone in BC, available weeknights (Monday to Friday) from 7:00 pm to 10:00 pm

Call: 1-800-566-1170

Trans Lifeline

Grassroots hotline offering direct emotional and financial support to trans people in crisis: for the trans community, by the trans community.



Call: 1-877-330-6366

Battered Women's Support Services (BWSS) Crisis Line

Provides emotional support to women experiencing gender-based domestic violence and/or uncertainty during these difficult times. Takes calls from Monday to Sunday, 24 hours a day.

Call: 1-855-687-1868

Text: 604-652-1867

Email: intake@bwss.org

Seniors Distress Line

Free and confidential telephone support service for seniors, their caregivers or anyone concerned about a senior. Calls are answered 24 hours a day, 7 days a week by highly trained, non-judgmental and caring volunteers.

Call: 604-872-1234



BCOHRC reports

The following BCOHRC reports may provide useful information to support the work of community members advocating for change.

Equity is safer: Human rights considerations for policing reform in British Columbia

The submission to the Special Committee on Reforming the Police Act (SCORPA) makes recommendations to address a pattern of discrimination in policing in our province. It includes expert analysis of data from five police jurisdictions that reveals disturbing racial disparities in policing activities across B.C.

Adding social condition as a protected ground under B.C.'s Human Rights Code

This brief provides an overview of increased instances of discrimination on the basis of social condition within the context of COVID-19, as well as previous reports and consultations that have documented the extent of this systemic discrimination. It also centres the voices of low-income people who face this form of discrimination in their every day lives with no access to justice because of the omission of social condition from the list of protected grounds within the B.C. *Human Rights Code*.

From Hate to Hope: Inquiry into Hate in the COVID 19 pandemic

In August 2021, B.C.'s Human Rights Commissioner launched an inquiry into the rise of hate in B.C. during the COVID-19 pandemic and in March 2023, the Commissioner released her findings and recommendations. The inquiry explored why hate increased during the pandemic, where hate comes from and what action we can take to stop hate now and in future times of crisis.

The report includes stories of hate and its impact on people and communities, data to help us understand where hate is happening, results of academic research that helps us understand where hate comes from and recommendations for how we can work together to stop hate.

Disaggregated demographic data collection in British Columbia: The grandmother perspective

This report provides guidance on the collection and use of data to reveal systemic racism and inequities in the province, without further perpetuating racist stereotypes and stigma. This report both answers and echoes the calls to collect disaggregated data to advance human rights.



Baseline Community Briefs: [Chilliwack](#), [Cranbrook](#), [Chetwynd](#) and [Terrace](#)

The Baseline Community Briefs provide in-depth analysis of human rights issues, contexts and solutions in each of the four communities and aims to expand our baseline understanding of human rights across the province. In each location, BCOHRC undertook community-embedded research, including by working with local “Community Connector” organizations to host focus groups and interviews. The insights gained were supplemented with data from Statistics Canada, media sources and other relevant secondary sources.

The Baseline Recommendations Database

This database allows community organizations, advocates, researchers and interested individuals to access over 1700 human rights-related recommendations. It is an open, searchable repository of recommendations from over 70 reports published by civil society organizations from across the province since 2018. Users of the database can search recommendations by issue area, groups affected, location of recommendation, source and year recommended, among other things. The database will grow as we receive and process reports.

