

Welcome! We're glad you're here.

- Your audio is muted on arrival.
- Please tech check yourself:
 - Turn audio on and off. Check volume levels.
 - Use video sparingly to help with bandwidth levels
- Type in chat: say hi, share your role, institution, subject area
- If you are here for another reason, please let us know in the chat!

Note: These sessions are recorded and shared on the BCcampus COVID-19 website

A Few Guidelines for Webinars

- . Please refrain from identifying individuals and institutions
- . Be mindful that everyone comes to this space with their own experience and needs
- . Be respectful of everyone's emotional and mental boundaries at all times
- . Use this time to practice respectful dialogue
- . The BCcampus Code of Conduct includes webinars

Be Calm. Be Kind. Be Safe.

– Dr. Bonnie Henry



BCcampus
Learning. Doing. Leading.

LGBTQ2S+ Students in the Time of COVID: Resilience in the Face of Challenge Part 2/2

June 16, 2020: 3:00PM- 4:00 PM (Pacific Time)

Facilitated by: Kirstin McLaughlin, RN BScN (Hons.) MPH

Tanysha Klassen – BC Federation of Students



BCcampus

Learning. Doing. Leading.

Agenda

- Welcome
- Territorial Acknowledgement
- Self-Care and Mental Health Promotion
- Community Connection
- Wrap-Up



BCcampus
Learning. Doing. Leading.

Territorial Acknowledgement

We gratefully acknowledge and honour the territory and the lands on which we are gathered:

In New Westminster, the traditional lands of the Qayqayt First Nation.

In the Cowichan Valley Region, the traditional lands of the Cowichan Tribes

And other numerous nations across British Columbia - type yours in the chat!



BCcampus

Learning. Doing. Leading.

Happy Pride!



BCcampus

Learning. Doing. Leading.

A Note About Terminology...



BCcampus
Learning. Doing. Leading.

Webinar #1 Take-Aways

- The LGBTQ2S+ community has a long history of resilience
- Community members are seeking and finding creative ways to connect amidst physical distancing



BCcampus

Learning. Doing. Leading.

Self-Care and Mental Wellness Promotion



LGBTQ Mental Health and Wellbeing

1. *“Support from family and friends, particularly for youth*
2. *Supportive workplaces and neighbourhoods*
3. *Low levels of internalized homophobia (homophobia adopted by the LGBT person themselves), which can be fostered and supported through identification or community building with other LGBT individuals*
4. *Experiencing positive responses to coming out*
5. *Addressing the social determinants of health”*

- Canadian Mental Health Association (CMHA) Ontario, 2020



BCcampus
Learning. Doing. Leading.

Improving Your Mental Health

- Exercise
- Nutrition
- Drinking – What and Why?
- Sleep
- Positive Thinking
- Purpose and Connection
- Healthy Support Networks
- Seeking Help

- CMHA, British Columbia, 2020



BCcampus
Learning. Doing. Leading.

Community Connection

How did LGBTQ2SIA+ communities keep connected before COVID?

What were the most valuable parts of this connectivity?

How do we replicate the value of that connectivity during COVID times?

If you are part of an organization, what is your group doing to this end?



BCcampus
Learning. Doing. Leading.

Resources

- Campus Student's Union and Pride Collectives
- Local Pride Groups
- Egale Canada - "Queerantime 101"
- PFLAG Canada
- QMunity
- CAMH Rainbow Services
- Trans Care BC
- Prism



BCcampus

Learning. Doing. Leading.

Resources

- <https://whatsonqueerbc.com/>
- <https://www.mosaicbc.org/services/settlement/lgbtq/>
- <https://www.heretohelp.bc.ca/>



BCcampus

Learning. Doing. Leading.

“Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare”

- Audre Lorde



BCcampus
Learning. Doing. Leading.

References

CMHA British Columbia. (2020). *Improving mental health*.
<https://cmha.bc.ca/documents/improving-mental-health/>

CMHA Ontario. (2020). *Lesbian, gay, bisexual, trans & queer identified people and mental health*. <https://ontario.cmha.ca/documents/lesbian-gay-bisexual-trans-queer-identified-people-and-mental-health/>



BCcampus
Learning. Doing. Leading.

Thank you!