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
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
Agenda

- Welcome
- Territorial Acknowledgement
- Self-Care and Mental Health Promotion
- Community Connection
- Wrap-Up
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!
Happy Pride!
A Note About Terminology…
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
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 themself), 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
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
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?
Resources

- Campus Student’s Union and Pride Collectives
- Local Pride Groups
- Egale Canada - “Queerantine 101”
- PFLAG Canada
- QMunity
- CAMH Rainbow Services
- Trans Care BC
- Prism
Resources

- https://whatsonqueerbc.com/
- https://www.mosaicbc.org/services/settlement/lgbtq/
- https://www.heretohelp.bc.ca/
“Caring for myself is not self-indulgence. It is self-preservation, and that is an act of political warfare”

- Audre Lorde
https://cmha.bc.ca/documents/improving-mental-health/

Thank you!