

We stand united against racism and Islamophobia

Communications and involvement resources

This resource pack includes key messages and social media posts for the following themes. If you have any suggestions to further improve this resource pack, please email communications@bradford.nhs.uk.

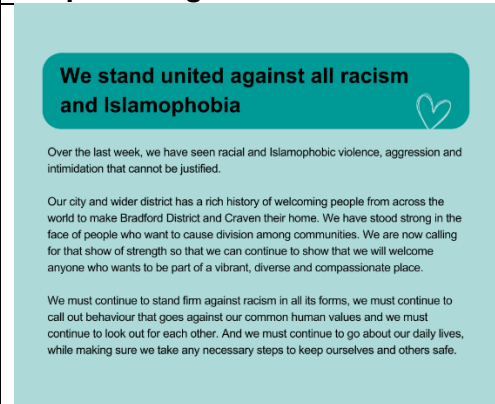
- 1) Our local position
- 2) Seeking help/understanding the impact of your actions
- 3) Staying safe
- 4) Staff/Colleagues

Our local position

Key messages

[Read our statement on standing united against racism and Islamophobia](#), issued on behalf of Bradford District Wellbeing Board, our local voluntary, community and social enterprise sector and Bradford Race Equality Network, our strategic lead partner on race equality.

Social media - Click each of the photos/graphics throughout this toolkit to download them.

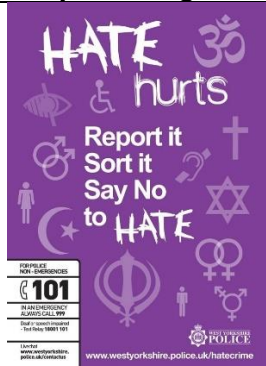
Graphic/Image	Suggested text	Alt text
	We stand united against racism and Islamophobia. Read our statement: bdcpartnership.co.uk/we-stand-united-against-all-racism-and-islamophobia/. Communities across the UK have been targeted with violence, aggression and intimidation. We must continue to stand firm against racism in all its forms.	Part of the statement issued on behalf of Bradford District Wellbeing Board, our local voluntary, community and social enterprise sector and Bradford Race Equality Network, our strategic lead partner on race equality. Text says: 'We stand united against all racism and Islamophobia.'

Seeking help/understanding the impact of your actions

Key messages

- If you are experiencing feelings that are difficult to cope with, or if you need a boost to your mental and emotional wellbeing, please visit www.healthyminds.services for a range of online self-help resources as well as details of local services that you can contact.
- If you experience, witness or have been involved in a hate crime you can report it by calling 101 or through the [West Yorkshire Police website](http://www.westyorkshire.police.uk/hatecrime). Reporting makes a difference – to you, your friends, and your life. If you see a crime that is in progress or if someone is in immediate danger, please call 999 without hesitation.
- If you experience, witness or have been involved in a hate crime you can also report it through [Bradford Hate Crime Alliance](http://www.bradfordhatecrimealliance.co.uk). When a report is made you will have access to a multi-agency process that works to support all victims of hate incidents.
- If you engage in violent protests, you will face the full force of the law. This could include prison sentences for rioting (up to 10 years), violent disorder (up to 5 years), inciting racial hatred (up to 7 years) and criminal damage (up to 10 years).

Social media

Graphic/Image	Suggested text	Alt text
	If you experience, witness or have been involved in a hate crime you can report it through @WestYorksPolice - www.westyorkshire.police.uk/hatecrime. If you see a crime that is in progress or if someone is in immediate danger, please call 999.	A purple background with white images of religious symbols, gender, and disability. White text says: 'Hate hurts. Report it. Sort it. Say no to hate. For Police non-emergencies call 101. In an emergency always call 999. Deaf or speech impaired - Text Relay 18001 101. Live chat www.westyorkshire.police.uk/contact-us. www.westyorkshire.police.uk/hatecrime'

		If you engage in violent protests, you will face the full force of the law.	Graphic with text that says: 'Prison sentences for: Rioting: up to 10 years Violent disorder: up to 5 years Inciting racial hatred: up to 7 years Criminal damage: up to 10 years.'
		When we hear distressing news or troubling events happening around the world, it can take a toll on our mental health. Remember to prioritise your own self-care and #MentalHealth. Your wellbeing matters, be kind to yourself. The Healthy Minds website is your first step to mental health support in #Bradford District and #Craven. Visit www.healthyminds.services for tips, services and support. #HealthyMindsBDC #BeKind	1. 'Take time to love yourself.' 2. 'Your wellbeing matters' 3. 'We are experiencing difficult times. Find mental health support in Bradford District and Craven. Visit www.healthyminds.services' 4. 'Your mental health matters. Find mental health support in Bradford District and Craven. Visit www.healthyminds.services'

 Healthy Minds Bradford District and Craven Health and Care Partnership Active Minds Need someone to talk to? Call Guide-Line on 08001 884 884 or chat online. www.mindinbradford.org.uk/chat Open 8am to 12am every day to provide emotional and confidential support.		Distressing events and news can be overwhelming. It's important to remember that you're not alone. Guide-Line is available every day from 8am to 12am to provide emotional and confidential support. Call 08001 884 884 or chat online at www.mindinbradford.org.uk/chat #HealthyMindsBDC	Graphic of a mobile phone with text that says: 'Need someone to talk to? Call Guide-Line on 08001 884 884 or chat online. www.minginbradford.org.uk/chat. Open 8am to 12am every day to provide emotional and confidential support.'
 Healthy Minds Bradford District and Craven Health and Care Partnership Active Minds We stand against racism and Islamophobia, and are here to support your mental health. www.healthyminds.services/ecdc		When we hear distressing news or troubling events happening around the world, it can take a toll on our mental health and our loved ones. We're here to support our diverse communities through this. Visit, www.healthyminds.services/ecdc for ethnically and culturally diverse mental health support. #HealthyMindsBDC	Photo of a woman putting her arm around another woman. Text says: 'We stand against racism and Islamophobia, and are here to support your mental health. www.healthyminds.services/ecdc.'

 Mental health support in Bradford District and Craven Daytime support Bradford District and Craven Talking Therapies (for anxiety and depression) - Bradford City: 0114 253 2222 or 0114 253 2223. Craven: 01549 825 222 or 01549 825 223. www.healthyminds.services Night support Bradford District and Craven Nightline - 24/7 support for mental health issues. Call 0114 253 2222 or 01549 825 222. www.healthyminds.services Crisis support For support and advice in a crisis, call 0114 253 2222 or 01549 825 222. www.healthyminds.services	 One stop wellbeing hubs The local NHS, Bradford Council and the voluntary sector are working together to help individuals with mental health issues. The network has six wellbeing hubs which provide advice and support. Wellbeing hubs - Thornbury Hub: 0114 253 2222 - Tong Hub: 0114 253 2222 - Manningham Hub: 0114 253 2222 - City Hub: 0114 253 2222 - Keighley Pathways Hub: 0114 253 2222 - Shipton Hub: 0114 253 2222 Information about the hubs and how to contact them can be found on: wellbeingnetwork.org.uk	If you need support with your #MentalHealth we have support services available during the day and night ↓. For more services, visit www.healthyminds.services #HealthyMindsBDC	1) Animated sun and moon with the text: 'Mental health support in Bradford District and Craven.' 2) Graphic of houses outlining locations with text: 'One stop wellbeing hubs. Thornbury Hub, Tong Hub, Manningham Hub, City Hub, Keighley Pathways Hub, Shipton Hub.'
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Staying safe

Key messages

- If you are visiting friends or family across the UK, try to stay away from protests and areas of unrest for your own safety
- Stay informed by keeping up to date with reliable news. Always check the information you see online is accurate if it is not from an official source, especially posts and comments on social media
- Let someone you trust - someone from your family or your friends - know where you are going, how long you will be, and when you will return home
- Please support your neighbours, check in on those that may be vulnerable
- Ensure you have access to a mobile phone that is charged, in case of an emergency

Social media

Graphic/Image	Suggested text	Alt text
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	We are proud of the diversity of our communities. Checking in on each other is a great way to keep ourselves connected. See how else we can continue to carry on as normal, while being vigilant	A hand holding a phone. A green background with white text which says: Staying safe... 1) Avoid protests and stay away from areas of unrest across the UK for your own safety 2) Stay informed by keeping up to date with reliable news. Check information shared online is accurate, especially comment and posts on social media 3) Make sure you have your mobile, in case of an emergency An old person sitting in a rocking chair. A green background with white text which says: Staying safe... 4) Please support your neighbours, check in on those that may be vulnerable 5) Report any hate crime you experience or witness. Call 101 or visit westyorkshire.police.uk/hatecrime 6) Call 999 if you see a crime in progress or if someone is in immediate danger
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Staff/Colleagues (in addition to above)

Key messages

- Please continue to exercise caution when carrying out your duties, especially if you are in the community or in unfamiliar surroundings.
- If colleagues witness or experience abuse or threats from the public whilst in services, you should report this to the police and advise your line manager.
- If you feel unsafe travelling into work, please speak to your line manager. This may include discussing alternative working arrangements.
- If it is possible to do so, you may consider travelling to and from work as a group of colleagues.

- As people providing services for our communities, we must continue to hold ourselves to account. This includes avoiding social media speculation and commentary, only sharing verified information from trusted accounts and not sharing any content that could cause harm or distress.
- We will continue to monitor the situation working closely with West Yorkshire Police and wider partners, including our community organisations. Please continue to share any intelligence you have including any concerns you are hearing from your colleagues, from people you are supporting and from your own community.

Social media

Graphic/Image	Suggested text	Alt text
 The graphic is a blue rectangular box with the NHS logo in the top right corner. The text inside the box reads: "There is support available for NHS staff, please reach out for help." Below the text are three horizontal light blue bars.	For many NHS staff, the recent racist violence in this country will leave them feeling afraid and unwelcome. To those colleagues, our message is simple: you are welcome and you are valuable members of our community. Reach out for support if you need it. https://england.nhs.uk/supporting-our-nhs-people/support-now/	There is support available for NHS staff, please reach out for help.