

MANITOBANS:  
**COVID-19  
DOESN'T  
DISCRIMINATE.**  
NOR SHOULD  
**YOU!**



#DontDiscriminateMB

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Immigration  
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## Tips for Victims of Hate-Motivated Crimes

**What is a Hate-Motivated Crime:** A hate crime is a prejudice-motivated crime which occurs when an offender targets a victim because of their membership (or perceived membership) of their race, religion, ethnic origin, or sexual orientation.

- If you are a victim of physical assault, you should remove yourself from harm if possible and call for help.
- If you are the target of racist insults, jokes or other verbal taunts, you should note the physical description of the aggressor and their vehicle (including their license plate). You can also take a photo or record a video to document the information. Avoid reacting verbally or physically.
- Note down all the details you can remember including the date, time and place of the offense; a description of the incident, and the names and phone numbers of individuals who can act as witnesses.
- If you have any physical and/or psychological injury (stress, anxiety, depression, loss of sleep and appetite, etc.), consult a doctor.
- If your property is the target of hate vandalism, record a video or take pictures of the damages, and safeguard any evidence of these damages.

*These tips were adapted from the Centre for Research-Action on Race Relation's campaign "COVID-19 Does Not Discriminate. Neither Should You!"*

# Where to Go for Help

If you have experienced a hate-motivated crime, there are organizations ready to help you!

## The Manitoba Human Rights Commission

If you feel discriminated against by your workplace, public services, housing, contracts, and publicly displayed signs or statements (such as advertisements), contact the [Manitoba Human Rights Commission](#) to file a complaint. The Commission has guidelines on [Discrimination Based on COVID-19](#).

- Email: [hrc@gov.mb.ca](mailto:hrc@gov.mb.ca)
- Telephone: 204-945-3007 (Winnipeg); 204-726-6261 (Brandon); 1-888-884-8681 (Toll-Free)

## Local Police

If you feel you have experienced a hate-motivated crime, you can file a report with your local police. However, we encourage you first to educate yourself about the systemic racism Black, Indigenous and People of Colour experience by the police and about alternatives to calling the police.

Here is more information on police alternatives:

- [Fight COVID Racism](#) has a resource section on police alternatives:  
<https://www.covidr racism.ca/resources>
- The Winnipeg Peer Working Group, Manitoba Harm Reduction Network and Bar None created the *Stop, Before You Call the Cops!* tool on alternatives to calling the police on someone:  
<https://mhrn.ca/community-projects>

## Reporting Racist Incidents

If you have experienced racism related to COVID-19 please report the incident with the [Asian Heritage Society of Manitoba](#) to document your experience and help inform our collective action efforts.

- Reporting form: <https://www.asianheritagemanitoba.com/incident-reporting/>

## Employers and Unions

If you feel discriminated against at work, talk to your employer or union if you have one. However, if your employer or union representative is the offender you can file a complaint with the Manitoba Human Rights Commission.

## Residential Tenancies Branch

If you feel discriminated against by your landlord, you can speak with an Officer at the [Residential Tenancies Branch](#) or file a complaint with the Manitoba Human Rights Commission.

- Email: [rtb@gov.mb.ca](mailto:rtb@gov.mb.ca)
- Telephone: 204-945-2476 (Winnipeg); 204-726-6230 (Brandon); 204-677-6496 (Thompson); 1-800-782-8403 (Toll-Free)

## Take Care of Yourself

Experiencing a hate crime can take a toll on your mental health and well-being. There are community services that you can reach out to for support through this difficult situation!

- Mental Health Crisis and Non-Crisis Regional Contacts: <https://www.gov.mb.ca/health/mh/crisis.htm>
- [Elmwood Community Resource Centre's Racial Trauma Counselling and Support](#) (available for all Manitobans): Call 204-982-1720 or email [counselling@elmwoodcrc.ca](mailto:counselling@elmwoodcrc.ca)
- [Central Neighbourhoods](#) BIPOC Mental Health Workers List (Winnipeg): <http://cnwpg.org/bipoc-mental-health-workers-resource-list/>