

Resources for People of Colour - Adults and Teens

Across Boundaries → <http://www.acrossboundaries.ca/#>

Across Boundaries provides a wide range of mental health support and services and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks. These frameworks address the negative impact of racism and discrimination on mental health and well-being.

Black Health Alliance → <https://www.blackhealthalliance.ca/>

The Black Health Alliance is a community-led registered charity working to improve the health and well-being of Black communities in Canada.

Black Youth Helpline → <https://blackyouth.ca/>

National helpline for black youth and their families.

Black Space Winnipeg → <https://www.blackspacewpg.ca>

Founded by members of Winnipeg's Black community, Black Space Winnipeg is a grassroots organization that fosters organic dialogue on everyday experiences of being Black.

Caribbean African Canadian Social Services → <https://cafcan.org/>

CAF CAN is a not-for-profit agency that primarily focuses on building and strengthening the service framework for African Canadians through psycho-social Interventional approaches.

GTA Mental Health Resource List:

Access Alliance → <https://accessalliance.ca/c4cc/>

Access Alliance provides services and addresses system biases to improve health outcomes for the most vulnerable immigrants, refugees, and their communities.

Black Creek Community Health Centre → <https://www.bcchc.com>

A non-profit community-based organization that provides health care services and programs geared to vulnerable populations living in Toronto's North West communities.

TAIBU → <http://taibuchc.ca/en/home/>

TAIBU serves the Black community across the GTA as its priority population.

The Most Nurtured → <https://www.themostnurtured.com/>

Community-based holistic wellness in Toronto (Canada) created by and for Black women to become the most nurtured versions of themselves.

Community Programs/Organizations:

Black Legal Action Centre → <https://www.blacklegalactioncentre.ca/>

A non-profit community legal clinic that provides free legal services for low or no income Black residents of Ontario.

Black in BC Community Support Fund for COVID-19 → <https://gf.me/u/x34if9>

A fundraiser for a low-barrier, emergency, micro-grant program for Black people in B.C., who are experiencing financial hardship due to the COVID-19 pandemic.

Black Business and Professional Association → <https://bbpa.org/>

The BBPA is a non-profit, charitable organization that addresses equity and opportunity for the Black community in business, employment, education, and economic development.

Black Coalition for AIDS Prevention → <http://www.blackcap.ca/>

Black CAP, Canada's largest Black specific AIDS service organization, works to create culturally relevant outreach, prevention and support services for people infected with, affected by, or at risk of contracting HIV.

Black Food Toronto → <https://blackfoodtoronto.com/>

Provides emergency food support to individuals and families within the African, Caribbean, Black community in Toronto who have been affected by COVID-19.

Black Lives Matter Toronto → <https://blacklivesmatter.ca/donate/>

Toronto chapter of BLM; BLM is completely supported through community donations.

Black Women in Motion → <https://blackwomeninmotion.org/>

An organization that supports the advancement of Black women in Toronto through educational tools, economic opportunities and cultural content.

COVID-19 Black Emergency Fund → <https://ca.gofundme.com/f/black-emergency-support-fund>

Run by Black Lives Matter Toronto, this fund provides stipends to people from the black community in the GTA who need support through the pandemic after losing their jobs or essential programs that helped keep them and their families comfortable.

Federation of Black Canadians → https://fbcfcn.nationbuilder.com/general_donation

This national, non-profit organization is driven by organizations across the country that advance the social, political, cultural, and economic interests of Canadians of African descent. Federation of Black Canadians focuses on community building, higher education, health, economic security, reducing racism, and criminal justice reform.

Feed the Community - COVID Emergency Support → <https://ca.gofundme.com/f/BlackTO-feed-the-community>

Funds will be donated to the Black Creek Community Farm that serves the Jane & Finch community as well as the Building Roots organization that supports the Moss Park Neighbourhood. Delivering fresh, healthy food to those in need during the pandemic.

NIA Centre for the Arts → <https://niacentre.org/>

NIA Centre is committed to supporting artists working across disciplines and ranging in experience levels; striving to build the creative capacities and support the development of a healthy identity in Black youth.

The Come Up (Alberta) → <https://www.yegthecomeup.com>

The Come Up have been working towards building and supporting a range of African and Caribbean communities in Edmonton since 2013.

Women's Health in Women's Hands → <http://www.whiwh.com/donations>

The Mandate of Women's Health in Women's Hands (WHIWH) Community Health Centre is to provide primary healthcare to racialized women from the African, Black, Caribbean, Latin American and South Asian communities in Toronto and surrounding municipalities.

Online Support Groups

Therapy for Black Girls → <https://therapyforblackgirls.com/>

Online space founded by Dr. Joy Bradford dedicated to encouraging the mental wellness of Black women and girls, including a free podcast aimed at making mental health topics accessible

Sister Afya Online Sister Support Group → <https://www.sistaafya.com/events/online-sister-support-group-processing-the-movement>

Support group for learning from other women and learning life skills to improve mental well-being (\$10/session fee but can contact booking@sistaafya.com if fee is prohibitive)

Ethel's Club → <https://www.ethelsclub.com/>

Paid membership-based virtual community with classes, live events and wellness resources for promoting wellbeing in people of color

Self-Guided Virtual Resources

Apps and Materials

- The Safe Place:** Free smartphone app focused on psychoeducation and self-care for minority mental health, geared towards the Black community
- Liberate:** Free meditation app designed specifically for the BIPOC community and led by BIPOC teachers

•**Racial Trauma Guide:** Virtual guide on coping with racial stressors and being an ally, developed by the EMPOWER (Engaging Minorities in Prevention Outreach Wellness Education & Research) Lab

•**Black Emotional and Mental Health (BEAM) Toolkit & Resources:**

<https://www.beam.community/tool-kits-education>

BEAM is a collective of advocates, yoga teachers, artists, therapists, lawyers, religious leaders, teachers, psychologists, and activists committed to the emotional/mental health and healing of Black communities.

Readings:

•**Experiences of Racism and Stress and Anxiety for Black Americans: A Mindfulness and Acceptance-Based Coping Approach (ADAA; Drs. Tahirah Abdullah & Jessica Graham-LoPresti):** This article discusses the link between experiences of racism and mental health, with a specific focus on anxiety; coping strategies that may be beneficial in the face of experiences of racism; and recognizing broader responsibilities outside individuals to reduce racism

Other Resources

Mental Health Resources For and By People of Color →

<https://www.talkspace.com/blog/black-lives-matter-resources-people-of-color/>

Four Ways People of Color Can Foster Mental Health & Practice Restorative Healing →

<https://www.mindful.org/four-ways-people-of-color-can-foster-mental-health-and-practice-restorative-healing/>

Black Mental Health Matters → <https://blackmentalhealthmatters.carrd.co/#resources>

44 Mental Health Resources for Black People →

<https://www.self.com/story/black-mental-health-resources>

Black Advocacy, Resistance & Empowerment (BARE) Resources →

<https://www.baremhwc.com/resources>