

BLACK MENTAL HEALTH RESOURCE LIST

ANTI-RACIST CENTRES:

Canada's School of Public Service - Anti-Racism Learning Series (<https://www.csps-efpc.gc.ca/index-eng.aspx>)

Canadian Race Relations Foundation - Canadian Race Relations Foundation (crrf-fcrr.ca)

Hamilton Anti Racism Resource Centre -
<https://www.hamilton.ca/city-initiatives/priority-projects/anti-racism-resource-centre>

SafeGuards - Working with Black Youth and Families Amidst Racial Trauma (safeguards-training.net)



COMMUNITY SUPPORT SERVICES:

Across Boundaries - <https://www.acrossboundaries.ca/>

AGATA Resource Centre -

<https://agataresourcecentre.com/>

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

Halton Black Voices - <https://www.haltonblackvoices.ca/>

Hey Black Girl - <https://www.hey-black-girl.com/>

Power to Girls - <https://www.powertogirls.com/>

Stella's Place - <https://stellasplace.ca/>

Taibu Community Health Centre -

<https://www.taibuchc.ca/en/>

Caribbean and African Canadian Social Services -

<https://cafcan.org/>



COMMUNITY SUPPORT SERVICES CONT.:

Roots Community Services - <https://rootscs.org/>

African Community Services of Peel -

<https://peel.cioc.ca/record/CWL1130>

Tropicana Community Services -

<https://tropicanacommunity.org/>

Substance Abuse Program for African Canadian and

Caribbean Youth - [https://www.camh.ca/en/your-](https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth)

[care/programs-and-services/substance-use-program-for-](https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth)

[african-canadian-caribbean-youth](https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth)



BLACK THERAPIST DIRECTORIES:

Afya Collective - <https://afyacollective.ca/>

Black Mental Health Matters - <https://blackhealthmatters.com/>

Black Therapist Collective - <https://linktr.ee/blacktherapistcollective>

Black Therapist List - <https://www.blacktherapistlist.com/>

Bloom Psychology - <https://www.bloompsychologyto.co/>

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

CULTURALLY SPECIFIC RESOURCES:

GTA Mental Health Resources -

<https://www.utm.utoronto.ca/health/resources/gta-mental-health-resources-culturally-specific>

Black Parenting - Innovative Supports for Black Parents

(blackparenting.ca)



BIPOC THERAPIST DIRECTORIES:

Althea Therapy - <https://www.altheatherapy.com/>

Hard Feelings TO - <https://www.hardfeelings.org/>

Healing in Colour - <https://www.healingincolour.com/>

Wellnest Therapy - <https://www.wellnest.ca/>

Women of Colour Remake Wellness -

<https://www.womenofcolorremakewellness.com/>

Open Path Collective: <https://openpathcollective.org>

Healing in Colour - <https://www.healingincolour.com/>

Inclusive Therapists -

<https://www.inclusivetherapists.com/canada>

Therapy Tribe - <https://www.therapytribe.com/>



CRISIS LINES:

Black Youth Helpline:

1-833- 294-8650 (every day from 9am - 10 pm)

Toronto Distress Centre:

416-408-4357 (everyday 24/7) or text 45645 (4pm - 12am)

Good to Talk:

1-866-925-5454 (everyday 24/7)

Gerstein Crisis Centre:

416-929-5200 (everyday 24/7)

Mental Health Crisis Line:

Ottawa: 613-722-6914 (everyday 24/7)

Outside Ottawa: 1-866-996-0991 (everyday 24/7)

ONTX Ontario Online & Text Crisis Service:

Text 258258 (everyday 24/7)

ConnexOntario:

1-866-531-2600 (everyday 24/7)

Toronto Rape Crisis Centre:

416-597-8808 (everyday 24/7)

