

National Mental Health Resource List:

Black Youth Helpline → <https://blackyouth.ca/>
National helpline for black youth and their families.

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.

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

Rainbow Refugee → <https://www.rainbowrefugee.com/>
Rainbow Refugee is a Vancouver based community group that supports people seeking refugee protection in Canada because of persecution based on sexual orientation, gender identity, gender expression (SOGIE) or HIV status.

Caribbean African Canadian Social Services → <https://cafcan.org/>
CAF CAN is a not-for-profit agency whose primary focus is on building and strengthening the service framework for African Canadians through the use of psycho-social Interventional approaches.

Unison Benevolent Fund → <https://unisonfund.ca/>
Unison Benevolent Fund is a non-profit, registered charity that provides counselling and emergency relief services to the Canadian music community. We are here to help professional music-makers in times of hardship, illness or economic difficulties.

GTA Mental Health Resource List:

Stella's Place → <https://stellasplace.ca>
The place for young adults in Toronto, aged 16 to 29, who are experiencing mental health challenges to get the support they need.

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

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.

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

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

Find a Black Therapist [HERE](#)

Community Programs/Organizations:

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

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

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 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.

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.

Zero Gun Violence Movement → <http://zerogunviolence-movement.com/>

The Zero Gun Violence Movement is committed to addressing the structural and socio-economic conditions that contribute to gun violence in the greater Toronto area.

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.

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 black folx in the GTA who need support through the pandemic after losing their jobs or essential programs that helped keep them and their families comfortable.

COVID-19 Sex Worker Emergency Support Fund → <https://www.maggiesto.org/covid19>

This fund was created for Toronto & GTA-based sex workers who have lost income because of COVID-19 and are struggling. They are prioritizing Queer and Trans, Black and Indigenous

Communities of Colour, migrant sex workers and those with precarious status, as well as sex workers living with illness and disability and poor and precariously housed sex workers.

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.

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

As the youth collective of the Africa Centre, The Come Up have been working towards building and supporting a hub of African and Caribbean communities in Edmonton since 2013.

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.

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.

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.

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

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

*Credit: Unisonfund

<https://unisonfund.ca/blog/post/mental-health-resources-black-canadians>