

References

- Black mental health day. (n.d.). *Black mental health day — Mental health Foundation of Nova Scotia*. Mental Health Foundation of Nova Scotia.
<https://www.mentalhealthns.ca/calendar/black-mental-health-day#:~:text=Black%20Mental%20Health%20Day%20raises,need%20to%20action%20systemic%20change>
- Francis, A. (2021, January 4). *Black communities have long faced barriers to mental-health care. These organizations are working to change that*. thestar.com.
<https://www.thestar.com/news/gta/2021/01/04/black-communities-have-long-faced-barriers-to-mental-health-care-these-organizations-are-working-to-change-that.html>
- How can we break mental health barriers in communities of color?* (2020, July 8). McLean Hospital | Mental Health Treatment, Research, and Education (Belmont, MA).
<https://www.mcleanhospital.org/essential/how-can-we-break-mental-health-barriers-communities-color>
- Kafele, K. (2004). *Racial discrimination and mental health in racialized and Aboriginal communities*. Ontario Human Rights Commission.
<https://www.ohrc.on.ca/en/race-policy-dialogue-papers/racial-discrimination-and-mental-health-racialized-and-aboriginal-communities>
- Kuehn, K. (2020, June 9). *Resources for marginalized communities and Allies*. Crisis Services Canada.
<http://www.ohrc.on.ca/en/race-policy-dialogue-papers/racial-discrimination-and-mental-health-racialized-and-aboriginal-communities>
- Kuehn, K. (2020, June 9). *Resources for marginalized communities and Allies*. Crisis Services Canada.
<https://www.crisisservicescanada.ca/en/resources-for-marginalized-communities-and-allies/>
- McKenzie, K., Agic, B., Tuck, A., & Antwi, M. (2016, October). *The Case for Diversity Building the Case to Improve Mental Health Services for Immigrant, Refugee, Ethno-cultural and Racialized Populations*. Mental Health Commission of Canada.
https://www.mentalhealthcommission.ca/sites/default/files/2016-10/case_for_diversity_oct_2016_eng.pdf
- Ottawa Public Health. (2020). *Mental Health of Ottawa's Black Community*.
https://www.ottawapublichealth.ca/en/reports-research-and-statistics/resources/Documents/MHOBC_Technical-Report_English.pdf
- Patel, A. (2015, June 30). *Black Canadians face stigma, silence in fight for mental health awareness*. HuffPost Canada.
https://www.huffingtonpost.ca/2015/06/29/black-canadians-mental-health_n_7345182.html
- Public Health Agency of Canada. (2020, October 29). *Promoting health equity: Mental health of Black Canadians fund – Implementation stream – Black LGBTQI+ Canadians*. Canada.ca.
<https://www.canada.ca/en/public-health/services/funding-opportunities/grant-contribution-funding-opportunities/promoting-health-equity-mental-health-black-canadians-fund-lgbtqi.html>
- Riehl, A., & Ng, T. (2021, February 5). *Ottawa's people of colour grapple with mental health toll of COVID-19*. Capital Current.
<https://capitalcurrent.ca/ottawas-people-of-colour-grapple-with-mental-health-toll-of-covid-19/>
- School Mental Health Ontario. (2020). *Understanding Anti-Black Racism to Support Mental Health and Well-Being of Black and Racialized Students*.
<https://smho-smso.ca/wp-content/uploads/2020/09/Understanding-Anti-Black-Racism-For-MHL.pdf>
- Unifor. (2020, March 2). *Unifor proudly recognizes Black mental health day and the importance of confronting the effects of anti-Black racism*. Unifor National.
<https://www.unifor.org/en/whats-new/briefs-statements/unifor-proudly-recognizes-black-mental-health-day-and-importance>
- Williams, S. (2017, May 22). *Why we don't talk about mental health in the Black community—and why we have to start*. SELF.
<https://www.self.com/story/racism-mental-health-in-the-black-community>

