

Toronto For All: Anti-Black Racism & Mental Health Resources

[Service Organizations](#)

[Help Lines](#)

[Other Resources](#)

[Thought Pieces](#)

[Workplace Resources](#)

[Resources to Strengthen Your Ability to Be a Strong Ally](#)

Service Organizations

Agency Name	Contact	Description of Services
Across Boundaries	http://www.acrossboundaries.ca/ 416-787-3007, ext. 222	<i>Provides mental health and addiction services for racialized communities "Across Boundaries provides a dynamic range of mental health support and services and works within Anti-Racism/Anti-Black racism and Anti-Oppression frameworks."</i>
Access Point	http://theaccesspoint.ca/ 416-640-1934	"The Toronto Mental Health and Addictions Access Point, referred to as The Access Point, is a centralized point where you can apply for individual mental health and addictions support services and supportive housing."
Access Alliance	https://accessalliance.ca/ Downtown - 416-324-8677 Danforth - 416-693-8677 Jane - 416-760-8677	Access Alliance provides services and addresses system inequities to improve health outcomes for the most vulnerable immigrants, refugees, and their communities
Black Creek Community Health Centre	https://www.bcchc.com/ 416-249-8000 416-246-2388	We are a non-profit community-based organization that provides health care services and programs geared

		to vulnerable populations living in Toronto's North West communities.
Caribbean African Canadian Social Services	https://cafcan.org/ 416-740-1056	CAF CAN provides culturally appropriate social services that enrich the lives of the African, Caribbean and Diaspora (ACD) communities in the Greater Toronto Area.
CAMH SAPACCY (Substance Use Program for African-Canadian-Caribbean Youth)	https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth	SAPACCY provides services to African and Caribbean Canadian youth and their families who are dealing with problem substance use and mental health concerns. The SAPACCY team works from a cultural competence lens to help Black youth work through mental health and addiction concerns. Our programs offer mental health and addictions counselling and support in accessing resources to assist youth and their families/caregivers in reducing harm, moving toward recovery, and making the best choices for themselves and their family.
East Metro Youth Services	http://emys.on.ca/ 416-438-3697	East Metro Youth Services works to identify and develop solutions to important issues affecting the child and youth mental health sector. We work with a diverse range of partners and funders across the City of Toronto to ensure access to community-based services is timely, barrier-free, and efficient.
Flemingdon Heights CHC	https://www.fhc-chc.com/ 416-640-5298 416-429-4991	Flemingdon Health Centre (FHC) is a registered charity and an incorporated not-for-profit Community Health Centre (CHC). We provide a range of health-related services based on the social determinants of health and community engagement models. We are primarily

		funded through the Ministry of Health/Toronto Central Local Health Integration Network (TC-LHIN).
Family Services Toronto	https://familyservicetoronto.org/ 416-595-9618	Family Service Toronto works with individuals and families in Toronto, destabilized by precarious socio-economic circumstances and/or mental health, to achieve greater resilience and stability in more just and supportive communities. We achieve this through our direct service work of intervention and prevention which includes counselling, peer support and education; knowledge building and exchanging activities; and system-level work including social action, advocacy, community building and working with partners to strengthen the sector.
Naseeha	https://naseeha.org/how-we-help/ Helpline: 1-866-627-3342 (NASEEHA)	Naseeha provides our community with the tools needed to address mental health. With our confidential helpline, our youth receives immediate, anonymous, and confidential support over the phone from 12 – 9 pm, 7 days a week. With our educational programs, we raise awareness within the community the stigma around mental health.
RITES for Black and African-Canadian Youth	https://ctys.org/program/groups/rites-for-african-canadian-youth/ 416-924-2100	The RITES program at Central Toronto Youth Services (CTYS) is a culturally specific, identity development initiative that supports the empowerment of Black and African-Canadian youth between the ages of 13 and 18. RITES employs an integrated, full spectrum model of support and care so participants have access to range of coordinated mental health clinical and program supports and resources.

<p>Regent Park CHC</p>	<p>http://www.regentparkchc.org/ 416-364-2261</p>	<p>RPCHC works with the people who live and work in the area to improve the health and wellbeing of the people who live here and the community as a whole. We offer a wide range of services and programs – some of them accessible by everybody, some of them more focused, some of them about specific health issues, some of them about building on people’s capacity to take action on common issues impacting health...but all of them about building the health of this dynamic community. Come and see how we can work together!</p>
<p>Sinai Health System: Assertive Community Treatment Team (ACTT)</p>	<p>https://www.mountsinai.on.ca/care/psych/patient-programs/assertive-community-treatment-team-actt 416-586-9900</p>	<p>Assertive Community Treatment Team (ACTT) serves adults experiencing severe, persistent, and complex mental health problems, including: those with marked impairment in social, occupational, and daily functioning; and those with special needs such as high demand for services, substance abuse, homelessness, or involvement with the legal system. The program is committed to providing culturally sensitive mental health services for severely mentally ill people with various ethno-specific backgrounds. Model of service is family assisted.</p>
<p>Sinai Health System: Mental Health Court Support Program</p>	<p>https://www.mountsinai.on.ca/care/psych/patient-programs/court-support/overview 416-586-9900</p>	<p>The Mental Health Court Support Program is committed to providing culturally sensitive rehabilitative services to mentally challenged individuals of ethno-specific backgrounds who are in conflict with the criminal justice system for minor offences. Through these services, the program aims to reduce or eliminate future recidivism of this population. Services include: assessment, consultation, case management support, court diversion, and education.</p>

Sherbourne Health	https://sherbourne.on.ca/primary-family-health-care/newcomer-health/ 416-324-4180	Sherbourne provides family health care, counselling, health education and supportive services to New Canadians (resident for 10 years or less), within Sherbourne’s neighbourhood; a diverse community of South East Toronto. Sherbourne New Canadians drop in clinic strives to promote primary care, counselling, education and skills on nutrition and healthy lifestyle choices.
Scarborough Centre for Healthy Communities	https://www.schcontario.ca 416-642-9445	SCHC provides inclusive health and wellness services to treat illness, support people who are managing chronic disease, enduring crisis, or facing end of life.
Stella's Place	https://stellasplace.ca/ Ph: 416-461-2345	We are THE place for young adults in Toronto, aged 16 to 29, who are experiencing mental health challenges to get the support they need. The Stella’s Place ‘menu’ includes peer supports, clinical, online, employment, wellness, and recovery services as well as opportunities to explore your creative self through studio programs.
TAIBU	http://taibuchc.ca/en/ 416-644-3536	TAIBU Serves the Black community across the GTA as its priority population. We also serve all residents of the Malvern neighbourhood.

Tropicana	http://tropicanacommunity.org/ 416-439-9009	Tropicana Community Services, a Toronto-based multi-service organization, provides all youth, newcomers, people of Black and Caribbean heritage and others in need with opportunities and alternatives that lead to success and positive life choices. Our mission is achieved through culturally appropriate programs such as counselling, child care, educational and employment services and youth development.
Toronto Public Health	https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/mental-health-promotion/ 416-338-7600	We provide mental health promotion services to non-profit and community-based health and social service providers, agencies and organizations within Toronto who: <ul style="list-style-type: none"> • Work with vulnerable and marginalized populations • Do not have other sources of funding for mental health promotion and consultation • Experienced a critical violent/traumatic incident in their community and request brief group psychosocial support We address mental health using a population mental health promotion approach. We do not provide treatment, counselling or acute mental health care services. For more information about where you can access support and treatment for mental illness or mental health problems in Toronto, please call 2-1-1.
UNISON	http://unisonhcs.org/ Bathurst-Finch site - 647-436-0385 Jane-Trethway site - 416-645-7575 Keele-Rogers site - 416-653-5400 Lawrence-Heights site - 416-787-1661	Unison Health and Community Services provides programs and services to people of all ages, cultures and backgrounds. Our services are free, confidential and non-judgemental.

<p>Women's Health in Women's Hands</p>	<p>https://www.whiwh.com/ 416-593-7655</p>	<p>Women's Health in Women's Hands counselling services employs a feminist, woman-centred approach to provide short-term counselling, group sessions and workshops to women from our priority populations. Counselling takes place from the perspective that, throughout history, women have possessed the strengths that have enabled them to cope with adverse situations. Therefore, the approach to counselling focuses on women's strengths, capabilities, and resources rather than on weaknesses and limitations.</p> <p>Work is based on mental health promotion rather than on treatment of disorders and/or illnesses. Counselling acknowledges women's experiences of oppression within the context of power dynamics involving gender, race, class, ability, age and sexual orientation. Mental Health Promotion initiatives aim at offering services that will enhance and strengthen women's capacity to: implement changes in their social and physical environment, develop a significant social support system, form constructive relationships with others, and gain more control over their own lives.</p>
---	---	---

Help Lines

Agency Name	Contact	Description of Services
<p>211 Ontario</p>	<p>https://211ontario.ca/ 211</p>	<p>211 is the source Canadians trust when seeking information and services to deal with life's challenges.</p>

CONNEX	https://www.connexontario.ca/ Ph: 1-866-531-2600	ConnexOntario provides free and confidential health services information for people experiencing problems with alcohol and drugs, mental illness and/or gambling. We are funded by the Government of Ontario. Our system navigation and information service is live-answer 24/7, confidential, and free.
Good2Talk	https://good2talk.ca/ 1-866-925-5454, 24 hrs/7 day	Anonymous helpline for post-secondary students
Kids Help Phone	1-800-668-6868	Kids Help Phone is Canada’s only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.
LGBT Youthline	https://www.youthline.ca/ 1-800-268-9688	Youth Line offers confidential and non-judgemental peer support through our telephone, text and chat services. Get in touch with a peer support volunteer from Sunday to Friday, 4:00PM to 9:30 PM.
Toronto Distress Centre	https://www.torontodistresscentre.com/408-help-line 416-408-4357(HELP) Text: 45645	Our 408-HELP (4357) line provides telephone support to individuals in the community who are at risk and their most vulnerable. Highly-trained volunteer responders (with the support of professional staff) connect with callers 24 hours a day, 7 days a week, 365 days a year. Our team provides callers with emotional support and crisis intervention when they are socially isolated, marginalized, struggling with chronic mental health problems, in distress, attempting to navigate family violence or in need of emergency response or suicide prevention + intervention + postvention.

Other Resources

Thought Pieces

- [Racism, Health & What You Can Do About](#)
- [Violence, Racism and Mental Health: Where do we go from here](#)
- [It's a traumatic moment': How everyday racism can impact mental, physical health](#)
- [White Anti-Racism: Living the Legacy](#)

Workplace Resources

- [Workplace strategies for mental health: Inclusivity & Mental Health](#)
- [Toolkit on Race and Mental Health at Work](#)

Resources to Strengthen Your Ability to Be a Strong Ally

- [Article: Becoming Trustworthy White Allies](#)
- [Article: I am a racist working on becoming an Anti-Racist Ally](#)
- [Article: Understanding and Dismantling Racism: A Booklist for White Readers](#)
- [Centre for Social Intervention: How to Be an Ally: Anti-Blackness at the Intersections panel recap](#)
- [10 Books about race to read instead of asking a Person of Color to explain things to you](#)