

## **Culturally-Responsive Mental Health Supports**

Everyone's needs are different. Individuals are encouraged to find out more about each service to determine a fit for their needs.

[Access Alliance](#) - Access Alliance provides services and addresses system inequities to improve health outcomes for the most vulnerable immigrants, refugees, and their communities.

[Across Boundaries](#) - *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 Creek Community Health Centre](#) - 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.

[Full Circle Art Therapy Centre](#) - "We provide affordable mental health services to a variety of populations in the GTA, through Group, Individual Art Therapy sessions and art therapy workshops. We focus on client-centred treatment and an individual's positive strengths which allows for the expression of their authentic self, through creative means tailored to their needs.

[Naseesh Mental Health](#) - 7 days a week we answer calls from around the world from Muslim and non-muslims. Naseeha Mental Health has been a great bridge for individuals who are going through life's challenges.

[Rexdale Community Health Centre](#) - Our doors are open to support and advocate for the physical, economic, social and mental health and well-being of our diverse community. We work together with our community and partners to improve equitable access to quality care and services.

[Sherbourne Health](#) - Sherbourne provides family health care, counselling, health education and supportive services to New Canadians (resident for 10 years or less), within Sherbourne's neighbourhood."

[Sinai Health System: Assertive Community Treatment Team \(ACTT\)](#) - 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.

[Unison Health and Community Services](#) - 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.

## **Culturally Responsive Mental Health Supports Focused on Black Communities**

**The Black Alliance** - Mission is “to reduce the racial disparities in health outcomes and promote health and well-being for people from the diverse Black communities in Canada with emphasis on the broad determinants of health, including racism.”

**Black Mental Health Day** - A day to raise awareness about the harms of anti-Black racism on mental health in Toronto’s Black communities, and the need to action systemic change.

**Black Youth Helpline** - The key lesson learned from our experience is that a focus on “primary prevention” is needed in order to help youth grow into productive adults. Primary prevention aims to prevent disease or injury before it ever occurs.

**Caribbean African Canadian Social Services** - CAFCAN provides culturally appropriate social services that enrich the lives of the African, Caribbean and Diaspora (ACD) communities in the Greater Toronto Area.

**RITES for Black and African-Canadian Youth** - 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 a range of coordinated mental health clinical and program supports and resources.

**TAIBU Community Health Centre** - TAIBU Community Health Centre (CHC) is a multidisciplinary, non-for-profit, community led organization established to serve the Black Community across the Greater Toronto Area as its priority population.

**The Trevor Project** - Black LGBTQ young people hold multiple marginalized identities. Under the minority stress model, experiences of discrimination, rejection, threats, and violence are compounded, and can lead to negative mental health outcomes. In addition, we know from our research that despite Black LGBTQ youth having similar rates of mental health disparities to all LGBTQ youth, they are significantly less likely to receive professional care.

**Tropicana Community Services** - 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.