



BLACK
COMMUNITIES
COMMUNITIES
COMMUNITIES
COMMUNITIES

TABBLE OF CONTENTS

01

Introduction

02

Appropriate Services

03

Appropriate Services Cont...

04

Services for Rural Areas

INTRODUCTION

We recognize that there are disproportionate experiences in health provision experienced by Black communities and individuals in health care systems. When it comes to attitudes towards seeking mental health services, more than 80% of black individuals are concerned with the stigma associated with mental illness. Black Adults are always 20% more likely to experience serious mental health issues , and Black individuals are more likely to report persistent symptoms of emotional distress.

This tip sheet displays a variety of resources that can be sought out immediately to help those in need of support.

Each page contains information Identifying and showing that there are resources available to the community and practitioners to support Black communities and individuals.

Rates of emotional psychological distress such as hopelessness and sadness have risen in Black communities due to the increasing number of individuals facing poverty and discrimination.

These resources provide tools to help address health inequities.

We recognize the barriers that exist in health care systems towards Black communities.

From an inclusion standpoint, Black communities all over the world have been receiving more equal access to opportunities and resources.

For this tip sheet, we will be focusing on the health and mental health statues of these communities, where they're currently at and where we hope to guide support for them.



APPROPRIATE SERVICES



BLACK YOUTH HELPLINE

Their mandate is to help the black youth community across Canada by assisting them to strive for opportunities that arise, break down barriers (mental or physical), and develop communities with a positive impact.

FEDERATION OF BLACK CANADIANS

A non-profit organization, that is managed by several organizations across Canada to advance the social, political, cultural, and economic interests of Black Canadians. This federation also strives to build high education, health, and economic security with the focus of reducing racism and justice reforming.



BLACK CANADIAN HEALTH CARE PROFESSIONALS ASSOCIATION

This resource offers services and programs for black community members that aim to bring a more inclusive and sustainable health care system. This system contains; physicians nurse practitioners, support workers, dentists, counsellors, psychologists, and mental health workers who aim to support this cause.

<https://www.bchcpa.ca/>

GUELPH BLACK HERITAGE SOCIETY

The Black heritage society aims to restore and maintain the black culture by offering programs and services that involve community participation to grow cultural and spiritual practices. This program is always looking for volunteering within the black community that want to join together to make an impactful difference in their cultural beliefs.

<https://www.guelphblackheritage.ca/>

APPROPRIATE SERVICES



SUBSTANCE USE

This resource offers services and programs for black community members that have trouble with substance abuse. Being able to offer such a wide range of support for the many influences is because they strive to make a difference with professionals who know how to cope with various substances.

MENTAL HEALTH

Another big resource is community lead which aims to improve the health and wellbeing of black communities in Canada. This resource values collective work responsibilities that strive to build and maintain an empathic community. One of their main focuses is on Black mental health services, offering counselling and improvement plans for any black individual facing discouragement



LGBTQ2IA+ GROUPS

This resource offers services and programs for black community members that have trouble with This organization is a non-profit organization, managed by several companies including the Northwestern health team that offers specific programs/services for racialized communities, including black. They offer a safe, secure space for individuals to express their concerns and aid with individual support, psychiatric consultation, and skills building, and their biggest support area is helping individuals apart of the LGBTQ2IA+ community.

<https://www.acrossboundaries.ca/>

CERTAIN RELIGIOUS GROUPS

Over 75% of Black individuals say that religion is very important as it helps build cultural awareness and gives a sense of hope. Given this significant relationship between spirituality and religion, health care practitioners must be mindful of patients' religious observances to be more culturally competent and informed.

The Black community has over ¾ of its population that follows specific religious beliefs with the major composition coming from 79% non-Christian faiths, 53% Buddhist, and 14% Jewish. Within this wide marginal gap of individuals, about 83% believe in God and the certain while the remaining 17% believe in somewhat of the certain or not at all. The reason why it's important to note the statistics of the black community and religious communities is that

<https://www.pewresearch.org/religion/religious-landscape-study/racial-and-ethnic-composition/black/>

SERVICES FOR RURAL AREAS

FREEDOM SCHOOL TORONTO

01

An initiative was driven by parents and youth that aims to fight against black racism in the education system. This resource offers training programs, fairs and conferences to help drive systemic change.



WELLNESS RESOURCES FOR BIPOC COMMUNITY MEMBERS

02.

This resource originates from the University of Guelph's diversity and human rights department. This tool includes support with counselling, combatting with mental health, and other services to support the black community.

<https://www.uoguelph.ca/wellnessatwork/resources-black-indigenous-and-people-colour-bipoc-community>



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