



About Us

Black Mental Health Canada (BMHC) aims to be a trusted community partner that offers mental health services to low-income at-risk individuals within the Black community. Our goal is to make sure no individual is denied critical mental health intervention due to unaffordability, inaccessibility and other barriers to mental health care. Our mandate is to support and provide access to direct client care to individuals within the Black community.

Statistics about Blacks and their underutilization of mental health services is concerning. BMHC will strive to build a stronger alliance between service providers, agencies and the Black community. We will also aim to increase dialogue about mental health illness and the challenges and issues unique to the Black community.

Black Minds Matter

Stats

- In a recent study, Black ethnicity had an extremely high probability of reporting moderate/high mental distress.
- In Ontario, individuals of Caribbean, East and West African descent have a 60% increased risk of psychosis.

Mission

To facilitate access to affordable, culturally safe and affirming mental health services to the Black community through education, advocacy, and provision of resources.

Vision

To bring awareness that mental health issues are a real and significant problem within the Black community and respond by promoting culturally empowering and equitable services. ▸

Referrals and Financial Support for The Following

- Assessment and care plan
- Information and referral services
- Individual counselling
- Service coordination
- Group counselling
- Symptom management
- Education and skill building
- Aftercare and follow up

Our Clients Are

- Individuals with mental health problems
- Individuals with no, little or fixed income
- Individuals who experience cultural barriers in accessing other mental health services

Our Outreach Includes

- Conferences and workshops
- Training for professionals
- Onsite client care (corrections, hospitals, shelters etc.)
- Community prevention and promotion programs



Promoting a Sound Mind