

## Black Minds Matters

**Our Mission** is to improve the mental health and well-being of Black individuals and communities in Canada by advocating for culturally competent mental health services and promoting community education and empowerment.

**The Vision** of Black Mental Health Canada is to create a society where Black individuals and communities have equitable access to culturally responsive and effective mental health services, and where mental wellness is valued and prioritized within Black communities.

### How To Get Involved

If you are interested in supporting our mission, there are several ways you can get involved:



#### Volunteer

We welcome volunteers to help with our advocacy, education, and empowerment efforts.



#### Donate

Help us provide critical resources and support to Black individuals and communities across Canada



#### Follow Us

We are active on Twitter, Facebook, and Instagram,



### Contact Us

If you have any questions or want to learn more about our services, please contact us at

[info@blackmentalhealth.ca](mailto:info@blackmentalhealth.ca)

or visit our website at

[www.blackmentalhealth.ca](http://www.blackmentalhealth.ca)

Together, we can make a difference in the mental health and well-being of Black communities across Canada.



## Our Services

### We Refer

We offer referral services to find mental health professionals across Canada to help with Life's short term and long term challenges.

### We Educate

We educate on mental health as it specifically and uniquely relates to the Black community. We promote mental health awareness to reduce stigma around the subject matter.

### We Train

We offer custom workshops and presentations to agencies, schools, institutions and members of the helping industry on best practices when working with black individuals.

### We Advocate

We work tirelessly on behalf of those struggling with mental health issues to break down systemic barriers and passionately open doors to more equitable, affordable and accessible mental health services.

## About Us

Black Mental Health Canada is a non-profit organization dedicated to promoting mental health and wellness in Black communities across Canada. The organization aims to address the disparities in mental health care faced by Black individuals and communities and promote culturally responsive mental health services. Our team at BMHC have a goal to educate, advocate and connect individuals to the resources and support they need.

## Interesting Statistics

According to a study published in the Canadian Journal of Psychiatry in 2021. Here are some key statistics:

- Black Canadians experience disproportionately high levels of mental health issues compared to the general population.
- Black Canadians are more likely to experience mental health issues such as depression, anxiety, and PTSD compared to the general population.
- Black Canadians are less likely to seek out and access mental health services due to stigma, lack of culturally competent care, and financial barriers.

- Black youth are more likely to be involved in the juvenile justice system, which can have negative impacts on their mental health.
- Black Canadians are more likely to experience racism and discrimination, which can contribute to poor mental health outcomes.
- Black women are at higher risk of developing postpartum depression and other perinatal mental health issues.

