



# **Black Mental Health Canada Inc.**

Mental Health Support for Black Communities in  
Canada





**BMHC**

Black Mental Health Canada Inc. aims to improve access to culturally safe and affirming mental health care through education, advocacy, research, and client referrals.

Our vision is actualized through the development of capacity and collaboration with nationwide community partners.



## Barriers

Stigma often prevents people in Black communities from asking for support for their mental health.

When mental illness is a taboo subject in your family or community, few people ask for help.

Some people feel that using mental health support and/or services are not in line with their religious beliefs.

# Solutions

BMHC offers programs & services designed to support members of diverse Black communities across Canada.

- Educational Programs
- Training & Workshops
- Client Referrals
- Community Advocacy

We believe culturally responsive mental health will increase mental health service use among Black people in Canada.





## Our Coalition

Our services are open specifically to individuals from diverse Black communities.

We work alongside mental health practitioners – who participate as service providers when individuals are referred.

BMHC is a hub and distributor of relevant mental health research and information pertaining to Black communities in Canada.



# Monthly Sponsorship Packages

**\$500**

Bronze

**\$1000**

Silver

**\$2500**

Gold

**\$5000+**

Platinum



# Monthly Sponsorship Packages

## Bronze

- \$500 Donation
- General Sponsor
- One thank-you post on our social media accounts

## Silver

- \$1000 Donation
- Featured Sponsor
- Two thank-you posts on our social media accounts

## Gold

- \$2500 Donation
- Featured Sponsor
- Three thank-you posts on our social media accounts
- One mental health workshop

## Platinum

- \$5000+ Donation
- Featured Sponsor
- One video ad shown on our website and social media accounts
- Three mental health workshops

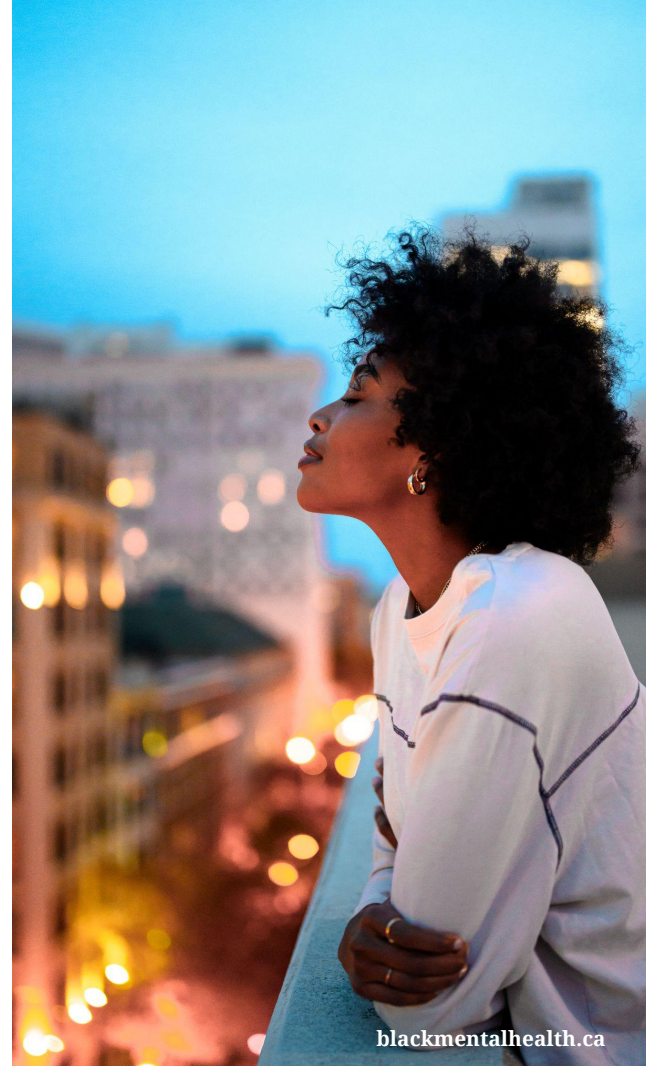
Become a monthly or annually corporate sponsor to support diverse Black communities in Canada. Your financial gifts are invaluable. We want to remind you that your contribution is also a tax savings benefit.



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Become a corporate sponsor today by making your first donation online.

<https://blackmentalhealth.ca/donate/>



blackmentalhealth.ca