

Vancouver Black Therapy and Advocacy Foundation: BC-Based Resource List



Legend

 = 2SLGBTQIA+

 = BIPOC

 = Indigenous

Categories

- (a) Crisis Support**
- (b) Food Access Support**
- (c) Housing Resources**
- (d) Employment Resources**
- (e) Harm Reduction Resources**
- (f) Mental Health Resources**
- (g) Women's Health Resources**
 - Violence Support**
- (h) Legal Representation Resources**
- (i) Immigration Resources**
- (j) Black Community Resources**
- (k) General**

CRISIS SUPPORT

Phone

- **310 - Mental Health:** (310-5678)
- **Kids Help Phone:** +1(800) 668-6868
 - **Black youth** across Canada can access free wellness support 24/7 by texting 686868
- **KUU-US Aboriginal Crisis Line:** +1(800) 588 8718
- **The Trevor Project:** +1-866-844-7386
- **Hope for Wellness Helpline:** Immediate 24/7 mental health counseling and crisis intervention to all Indigenous peoples across Canada. Support provided in English, Cree, Ojibway, Inuktitut – +1 (855) 242 3310
- **Trans Lifeline:** +1 (877) 330-6366
- **THRIVE Lifeline:** Trans-owned text-based crisis hotline staffed by marginalized individuals in STEMM (24 hr/sday) – text THRIVE to 1-313-662-8209
- **KUU-US Crisis Line:** +1(250) 723 - 4050
- **VictimLink:** Crisis support for anyone who has experienced violence, 24 hrs/day, 1-800-563-0808
- **Vancouver General Hospital Sexual Assault Service:** 604-875-4995 (24 hrs/day)
- **Women Against Violence Against Women Crisis Line :** 604-255-6344 (24 hrs/day). (serves women and marginalized genders).
- **Métis Crisis Line:** 24/7 plus referrals to local crisis services 1-833-638-4722
- **SUCCESS Chinese BC Help Line:** Cantonese Line: 604-270-8233. Mandarin Line: 604-270-8222

Online

- **Youth Space:** <https://youthspace.ca/?sfw=pass1668711460>
- **Crisis Centre Chat:** <https://crisiscentrechat.ca>
- **START Crisis Team** for youth 6-18 experiencing a mental health crisis: https://www.fraserhealth.ca/Service-Directory/Services/mental-health-and-substance-use/mental-health---child-and-youth-services/start-team---short-term-assessment-response-treatment#.Y3_KdffMKU
- **The LifeLine App:** www.thelifelinecanada.ca
 - Direct access to phone, online chat, text, and email crisis support
 - E-counselling, self-management tools, access to crisis centers across Canada
- **Crisis Center:** <https://crisiscentre.bc.ca/>
- **Here to Help:** <https://www.heretohelp.bc.ca/>
- **BC 211:** <https://bc.211.ca/>
 - Shelter space, emergency services and transitional housing directory

In-person

- Local Hospital Emergency Rooms
- Access and Assessment Centres (i.e., VGH)
- 911, and Car 67 through 911

FOOD RESOURCES

- **QMUNITY Older Adults Food Security Assistance**

<https://qmunity.ca/get-support/olderadults/#Food-Security-Assistance>

- **Location:** Vancouver
- **Cost:** Free
- **About:** For low Income 55+ 2SLGBTQIA+ Seniors. Monthly Grocery Cards can be applied for to help low income seniors in our community

- **Saige Community Kitchen for Trans, Two Spirit and Gender Diverse People**

<https://qmunity.ca/get-support/olderadults/#Food-Security-Assistance>

- **Location:** Vancouver: Kiwassa Neighborhood House
- **Cost:** Free
- **About:** The Saige Community Food bank is a food bank that provides a *no barrier* safe space for transgender and gender non-conforming or queer individuals to access healthy food, as well as support from their LGBTQ2+ peers and allies.

- **QUEST Meal Exchange**

<https://www.questoutreach.org>

- **Location:** Burnaby, Surrey, North Vancouver, East Vancouver, and the Downtown Eastside
- **Cost:** Free
- **About:** Quest Outreach Society exists to disrupt the cycle of poverty through access to healthy and affordable food that is sourced sustainably. By bridging the gap between food banks and traditional grocery stores, Quest provides a grocery experience based on principles of dignity, access, and sustainability.

- **AIDS Vancouver Supplementary Grocery Program**

https://www.aidsvancouver.org/the_grocery_program

- **Location:** Vancouver
- **Cost:** Free

- **About:** Our goal is to increase access to healthy, culturally appropriate food for people in our community.

- **The Plot**

<https://theplot.ca>

- **Location:** Surrey Newton Bus Loop
- **Cost:** Some Free Products
- **About:** Large community garden run by volunteers. Access to free products, Sunday potluck picnics during the growing season, and education about growing your own food.

Additional Resource Links

- **Meal Ideas for 4\$/day**
(<https://cookbooks.leannebrown.com/good-and-cheap.pdf>)
- **Free and Low Cost Food Programs in Vancouver**
(<https://vancouver.ca/files/cov/emergency-meal-program-map.pdf>)
- **Fraser Health Free and Low Cost Food Directory**
(<https://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory#.Y3aLKy294h8>)
- **Free and Low Cost Food Programs Map - English (vancouver.ca)**
- **Free and low-cost resources | City of Vancouver**
- **<https://maps.vancouver.ca/foodmap/>**
- **Flash Foods** (<https://www.flashfood.com>)
- **Fraser Health Free and Low Cost Food Directory:**
<https://www.fraserhealth.ca/health-topics-a-to-z/free-and-low-cost-food-directory#.Y4j2BffMLok>
- **North Shore Free and Low Cost Groceries:**
<https://www.nsnh.bc.ca/wp-content/uploads/2021/01/Free-and-Low-Cost-Food-on-the-North-Shore-November-30-2020.pdf>

Eating Disorder Resources:

<https://nedic.ca/bipoc>,

Location: Toronto
416-340-4156

Available online for BC folks.

Phone (1-866-NEDIC-20 and 416-340-4156), email (nedic@uhn.ca), and live chat services are available:

HOUSING RESOURCES

- **First United Church Social Housing Society**

<https://firstunited.ca/how-we-help/safe-shelter>

- **Location:** Vancouver
- **Cost:** Free
- **About:** We provide 49 low-barrier emergency shelter beds to those who don't have anywhere else to stay. Our shelter is **trans-inclusive**, **has a women-only space**, and will never turn away someone who may be in active addiction.

- **Raincity Housing**

<https://www.raincityhousing.org/about/programs/>

- **Location:** Various locations over the lower mainland
- **Cost:** Free
- **About:** RainCity Housing provides a range of housing and support services. The first of its kind in BC, the LGBTQ2S+ (Lesbian, Gay, Bisexual, Trans, Queer, Questioning, and Two Spirit, plus), **Youth Housing First Program** works to secure housing for queer and trans youth aged 18 to 24 who are experiencing homelessness.

- **Vancouver Rent Bank**

<https://vancouver.ca/people-programs/financial-aid.aspx>

- **Location:** Vancouver
- **Cost:** Free
- **About:** Provides assistance to eligible families and individuals who meet low-income requirements and are at risk of eviction or essential utility disconnection due to a temporary shortage of funds.

- **Directions Youth Services**

<https://www.directionsyouthservices.ca>

- **Location:** Vancouver
- **Cost:** Free
- **About:** Offers low-barrier programs and services to support youth under the age of 25 who are in crisis or experiencing homelessness as a result of abuse, neglect, substance use, or mental health challenges.

- **Supportive Housing Registry**

<https://www.bchousing.org/publications/Supportive-Housing-Registry-Application-Form.pdf>

- **Location:** Burnaby, Vancouver, Victoria, Prince George, Penticton
- **Cost:** Approximately 375\$/month for rent
- **About:** Supportive housing provides a private room or apartment in a building with support services to low-income, homeless or at-risk of homelessness individuals.

Additional Housing Resource Links

- **New affordable homes coming for Black and Indigenous Families in New Westminster (Feb 11 2022)**
<https://news.gov.bc.ca/releases/2022AG0021-000208>
- **Indigenous Housing Providers**
(<https://www.bchousing.org/housing-assistance/rental-housing/indigenous-housing-providers>)
- **BC 211 (<https://bc.211.ca>)**
- **Housing Registry**
<https://www.bchousing.org/housing-assistance/rental-housing/subsidized-housing>
- **The Shelter and Street Helpline** <https://shelters.bc211.ca/bc211shelters> *To get up to date availabilities - please call 211
- **Fraser Valley Housing & Homelessness Service Directory:**
<https://www.fvrd.ca/EN/main/about-the-fvrd/projects-initiatives/affordable-housing-homelessness.html>
- **North Shore Housing Resources**
<https://www.northshorevawir.com/housing-resources>
- **S.U.C.C.E.S.S Affordable Housing:**
<https://successbc.ca/affordable-housing/?filter=housing>
- Carnegie Community Action Project: <http://www.carnegieaction.org>

EMPLOYMENT RESOURCES

● PRISM Employment Support Services

<https://qmunity.ca/employment/>

- **Location:** Vancouver
- **Cost:** Free
- **About:** The PRISM Employment Support Service (ESS) is a strengths-based, trauma-informed employment support program for 2SLGBTQIA+ adults living in BC. Prism ESS is a partnership program between QMUNITY and YWCA Metro Vancouver.

● QMUNITYWorks

<https://qmunityworks.ethoscmg.com/about/>

- **Location:** Nanaimo, BC
- **Cost:** Free
- **About:** QmunityWORKS is a free government-funded employment program for 2SLGBTQIA+ folks which includes 6 weeks of virtual classroom training followed by 12 weeks of work experience or job placement.

● MOSAIC

<https://mosaicbc.org/our-services/employment-services/>

- **Location:** Services in Vancouver and the Lower Mainland.
- **Cost:** Free
- **About:** Employment supports for immigrants and newcomers. Programs specific for immigrants, racialized women, refugees and youth.

● Bridges for Women's Society

<https://www.bridgesforwomen.ca/counselling-services/>

- **Location:** Victoria
- **Cost:** Varies (no cost, low cost and sliding scale)
- **About:** The Bridges Employment Program (BEP) is a six-month group-based program designed for adults who self-identify as having experienced trauma, violence, abuse or neglect, and who want to reclaim their lives. Through intentional curriculum and skilled facilitators, participants explore a range of

personal and professional development topics. Bridges for Women provides all of the materials to participate and can also offer counselling, child care and transportation support, and academic upgrading via our partnership with Camosun College.

- **NPOWER CANADA**

<https://npowercanada.ca>

- **Location:** Virtual
- **Cost:** Free
- **About:** NPower Canada is a national non-profit organization providing low-income, diverse job seekers, with no-cost technical and professional skills training, industry certifications, job placement services and five years of alumni support including mentorship and continued education.

Additional Employment Resources

- **WorkBC:** <https://www.workbc.ca/employment-services.aspx>
- **CLBC Employment Support:** <https://www.communitylivingbc.ca/what-support-is-available/employment-support/>
- **S.U.C.C.E.S.S:** <https://successbc.ca/service-categories/employment>

HARM REDUCTION & SUBSTANCE USE RESOURCES

● PNP & ME

<https://checkhimout.ca/pnp-and-me/>

- **Location:** Vancouver
- **Cost:** Free
- **About:** PnP & Me is a group counselling program designed to support GBQ+ people who wish to reduce or quit their use of stimulant drugs, such as crystal meth, in a sexual context.

● CBRC Test Now

https://www.cbrc.net/test_now_community_edition

- **Location:** Canada
- **Cost:** Free
- **About:** Program provides free HIV self-test kits to 2S/LGBTQ+ folks through a network of dozens of community-based organizations and venues across the country.

● CBRC Medicine Bundle

<https://www.cbrc.net/medicinebundle>

- **Location:** Canada
- **Cost:** Free
- **About:** This program was made by and for the Two-Spirit, queer, and trans Indigenous community with the goal of creating alternate pathways to testing and sexual health resources. This Medicine Bundle contains an HIV self-test kit, Indigenous medicines (sage, sweetgrass, tobacco, cedar, lavender, Labrador tea, bear grease and Devil's club salve), sexual health supplies, and additional resources.

● Western Aboriginal Harm Reduction Society

<https://www.facebook.com/profile.php?id=100064759747000>

- **Location:** Vancouver
- **Cost:** Free
- **About:** WAHRIS offers Elder support, harm reduction, healing circles, outreach, language classes and more.

● Black Indigenous Harm Reduction Alliance

<https://www.blackindigenousharmredux.org>

- **Location:** Remote
- **About:** The Black Indigenous Harm Reduction Alliance is a group of community workers of diverse experience who wish to draw attention to the need for access to self-determined and holistic health services within our communities. Through peer-to-peer discussions, street-based outreach, harm reduction education, and advocacy within mainstream harm reduction spaces, we aim to work with our communities to build kinship, empowerment, and leadership, and strengthen ties between Black and Indigenous individuals and communities.

- **Toward the Heart: Harm Reduction Resource List**

<https://towardtheheart.com/a-z-resource-page>

- **Location:** Virtual
- **Cost:** Free
- **About:** Toward the Heart is part of the BC Centre for Disease Control. We believe every person has the right to the best health possible and should be treated with dignity and respect.

- **Drug User Liberation Front**

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

- **Location:** Vancouver
- **About:** A collective of advocacy groups working to ensure a safe supply of drugs
- **One Sky Center:** This group is working to improve the prevention and treatment of mental health and substance use problems among Indigenous people through mentorship and access to resources.
- **IHS Substance Abuse and Suicide Prevention:** This program is focused on methamphetamine and suicide prevention and intervention resources for Indian Country. This initiative promotes the use and development of evidence-based and culturally appropriate prevention and treatment approaches.
- **Tribal Affairs:** Information on services the government agency provides to Native American communities to prevent suicide and substance abuse.
- **Louisville Addiction Center:** Addiction center that provides care in Kentucky, as well as nationally. They have a helpful BIPOC resource guide as well.
- **YMSM + LGBT Center of Excellence:** This organization delivers culturally responsive and evidence-based prevention and treatment services for minority lesbian, gay, bisexual, and transgender populations dealing with co-occurring substance use and mental health disorders.

- **ADDITIONAL HARM REDUCTION RESOURCES**

- **Addiction & Mental Health Resources for the Black Community**
<https://www.safeproject.us/resource/black-community/>
- **Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)**
<https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth>
- **BEAM Let's Break the Stigma on Recovery and Sober Living**
<https://beam.community/lets-break-the-stigma-on-recovery-sober-living/>
- **Harm Reduction TO** <https://harmreductionto.ca/harm-reduction>
- **Live Another Day:** A dual diagnosis guide written specifically for African Americans that addresses the complex issues surrounding mental illness and substance abuse
<https://liveanotherday.org/resources/african-americans-mental-health/>
- **BIPOC Only Recovery Dharma:** A virtual support group for BIPOC in recovery that is inspired by Buddhist techniques.
- **Addiction Resource:** Their mission is to break down the barriers and stigmas that surround substance abuse with free, accurate, and valuable information. A guide has been created on the disparities that communities of colour face when they seek medical attention, specifically substance use treatment:
<https://www.addictionresource.net/racial-disparities-addiction-treatment/>
- **Black Underrepresentation in Addiction Treatment:** Discusses the idea of 'underrepresentation' in more detail looking at common barriers, legal biases and the importance of cultural competency.
<https://americanaddictioncenters.org/blog/black-underrepresentation-in-addiction-treatment>
- **Alcohol and Drug Abuse among African Americans:** Provides helpful statistics, looks at the differences in substance abuse patterns across the Black population, and treatment options to consider.
<https://americanaddictioncenters.org/addiction-statistics/african-americans>

MENS RESOURCES

- **Brother, You're on My Mind:** This organization was created by Omega Psi Phi Fraternity Inc. To change the stigma surrounding the mental health of Black men through education and community.
- **Black Men Heal:** A program that provides access to mental health treatment, psycho-education, and community resources to men of color in order to remove the stigma.
- **Therapy for Black Men:** This rapidly growing directory of 135 therapists and 27 coaches throughout the fifty states provides judgment-free, multiculturally competent care to Black men with the purpose of breaking the stigma that asking for help is a sign of weakness.
- **Black Men Speak:** An inspirational speaker's bureau that informs, educates, and enlightens the general public about issues concerning African American males and Men of Color suffering from mental health and substance abuse challenges by means of storytelling.
- **YBMen Project:** This is an educational and social support program for young Black men, teaching the strategies that influence and shape young Black men's ideas and experiences with mental health.
- **Transparent Black Guy:** An online community working to destigmatize the mental health of Black men through their social media which includes witty commentary, photography, and art centered on Black people and mental health resources.

MENTAL HEALTH RESOURCES

- **Vancouver Black Therapy and Advocacy Foundation**

<https://vancouverblacktherapyfoundation.com/home>

- **Location:** Vancouver
- **Cost:** Free
- **About:** We are a non-profit organization that raises funds to provide Black community members with free therapy with accredited Black counselors and therapists.

- **SHER**

<https://www.shervancouver.com>

- **Location:** Vancouver
- **Cost:** Free
- **About:** Sher Vancouver is a registered charity for queer South Asians and their friends, families, and allies in Metro Vancouver, B.C, providing counselling to members who are in crisis or distress.

- **QMUNITY**

<https://qmunity.ca/get-support/counselling/>

- **Location:** Vancouver
- **Cost:** Free and low cost (\$60-120)
- **About:** QMUNITY offers ten sessions of health and wellness counselling for 2SLGBTQIA+ folks.

- **INDIGO Survivors Support Group**

<https://qmunity.ca/get-support/olderadults/#INDIGOSurvivors>

- **Location:** Vancouver
- **Cost:** Free
- **About:** 55+ 2SLGBTQIA+ support group for survivors of elder abuse. 12:00 noon every Monday. This is a therapeutic peer support group, led by a counsellor, for those who have or are experiencing elder abuse as a 2SLGBTQIA+ senior.

- **CSFS Nanki Nezulne (Our Two Spirits) LGBTQ2+ Health and Wellness Services**

<https://lgbtq2.csfs.org>

- Location: Virtual, BC
- Cost: Free
- About: Individual counselling services are available for adults (18+) that self-identify as Indigenous and LGBTQ2+ (Lesbian, Gay, Bisexual, Transgender, Queer, Two Spirit plus additional gender and/or sexual identities) that reside throughout the province of British Columbia. Carrier Sekani and Indigenous community members will receive first priority.

- **HiM**

<https://checkhimout.ca/mental-health/>

- **Location:** Vancouver
- **Cost:** Varies (no-cost, or reduced fee)
- **About:** We offer professional counselling for GBQ men and gender diverse people in the Lower Mainland and the Interior of British Columbia.

- **WAVAW**

<https://www.wavaw.ca/indigenous-support-programs/>

- **Location:** Vancouver
- **Cost:** Free
- **About:** We provide no cost individual counselling for Indigenous survivors of sexualized violence, families of the MMIWG2S+, survivors of residential school and/or intergenerational trauma, and childhood sexual abuse. Our services are offered to survivors of marginalized genders: cis and trans women, Two-Spirit, trans and/or non-binary people who have experienced sexual assault.

- **Native Courtworker and Counselling Association of BC**

<https://nccabc.ca>

- **Location:** Surrey
- **Cost:** Free
- **About:** We deliver Mental wellness and Substance abuse counseling programs for the Indigenous population in the Surrey area. We work with individuals to develop a healing and wellness plan, which works with them to hold onto their traditional and cultural practices.

- **NO FEAR COUNSELLING**

<https://nofearcounselling.com/rates/low-cost-free-counselling/>

- **Location:** Vancouver, North Vancouver, Burnaby, Port Coquitlam, Pitt Meadows, and Surrey
- **Cost:** As low as 40\$ for a 50 minute session
- **About:** They provide low cost/free practicum student counselling sessions to anyone.

- **UBC PSYCHOLOGY CLINIC**

<https://clinic.psych.ubc.ca>

- **Location:** Vancouver/UBC
- **Cost:** N/A - Site mentions affordable services
- **About:** UBC Psychology Clinic offers comprehensive psychological services for adults in the Greater Vancouver community.

- **PSYCHOLOGICAL SERVICES AND COUNSELLING TRAINING CENTRE**

<https://psctc.educ.ubc.ca/counselling-services-link/>

- **Location:** Vancouver/UBC and Online
- **Cost:** Free
- **About:** The PSCTC offers counselling sessions to adults, students, and children.

- **ADLER CENTRE**

<https://www.adlercentre.ca/counselling>

- **Location:** Greater Vancouver Area
- **Cost:** Prices as low as 65\$/session. A sliding scale is available.
- **About:** We provide affordable counseling services to anyone that needs them.

- **Moving Forward**

<https://movingforward.help/contact>

- **Location:** Virtual and in-person
- **Cost:** Varies (Free and low-cost)
- **About:** Moving Forward is an innovative non-profit agency that provides counseling to anyone who needs it in Canada in person and virtual.

- **Crime Victims Assistance Program**

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits>

- **Location:** BC
- **Cost:** Free
- **About:** CVAP will cover the cost of 48 therapy sessions. Family members of victims / witnesses of violent crimes can also apply for financial coverage of counselling. Provides coverage for legal support and other expenses (moving, missed work, etc) for victims within 1 year of the crime.

- **Bridges for Women's Society**

<https://www.bridgesforwomen.ca/counselling-services/>

- **Location:** Victoria
- **Cost:** Varies (no cost, low cost and sliding scale)
- **About:** We offer trauma counselling services to all women (transgender and cisgender), non-binary, and two-spirit people who identify as part of the women's community and who have been impacted by violence, abuse or trauma at any time in their lives.

- **Dragonstone Counselling**

<https://www.dragonstonecounselling.ca>

- **Location:** Vancouver
- **Cost:** Varies (low cost and sliding scale)
- **About:** A community of counsellors offering holistic services integrating mind, body and spirit.

- **Family Services**

<https://fsgv.ca/programs/traumacounselling/>

- **Location:** Vancouver, Richmond and New Westminster
- **Cost:** Free
- **About:** Family Services offers professional, compassionate counselling and trauma services to individuals, families, children and youth.

- **Chillwack Youth Health Centre**

<https://www.facebook.com/chilliwackyhc>

- **Location:** Chilliwack
- **Cost:** Free
- **About:** Our vision is to create a space that provides integrated health and wellness services to youth on a drop in basis in a safe and supportive environment.

- **Inclusive Therapists**

<https://www.inclusivetherapists.com/>

- **Cost:** Free
- **About:** Directory of diverse and inclusive therapists

- **Collective Healing**

<https://collective-healing.ca/our-services>

- **Location:** Vancouver
- **Cost:** Range 25 - 100\$ per session
- Student Counselors offer lower-cost-in-person and virtual services at sliding scale rates.

- **Peoples Music Therapy**

<https://peoplesmusictherapy.com/>

- **Location:** Chinatown
- **Cost:** N/A
- **About:** They offer music therapy services to a wide range of individuals. Rooted in a trauma-informed, anti-oppressive, relationship-based approach, they feature BIPOC therapists who have experience working with racialized peoples and the LGBTQIA2S+ community.

Additional Mental Health Resources

- **Reduced-Cost Counselling Options in Vancouver October 2022**
(<https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>)
- **Healing In Colour** - They offer a directory of BIPOC therapists who are committed to supporting BIPOC - in all intersections. Directory link:
<https://www.healingincolour.com/directory>
- **Free Surrey and White Rock Supports:**
https://static1.squarespace.com/static/59efc356a9db097691c3f667/t/622284d12803232296f491f3/1646429393432/2022CYMH_ResourcesPad.pdf
- **Foundry BC** - Free and confidential counselling for youth 12-24 both online and at several locations in different cities : <https://foundrybc.ca/>
- **Therapy for Black Girls** - Mental Health Resources for Black Girls.
(<https://www.instagram.com/therapyforblackgirls/>)
- **Sher Vancouver Podcast** - A safe space for Queer Bipoc Individuals and Allies.
(<https://www.shervanpodcast.com>)
- **My Therapy Cards:** https://www.mytherapycards.com/?r_done=1
- **Safe Project:** Addiction and Mental Health Resources for the Black Community
<https://www.safeproject.us/resource/black-community/>
- **Insight timer:** <https://insighttimer.com>
- **Beautiful Chorus** (songs and meditations): <https://www.beautifulchorus.com>
- **Liberate - Black Meditation:** Available for download in the app store.
<https://onemindpsyberguide.org/apps/liberate-meditation/>. A meditation app developed for those in underserved communities.
- **Depressed While Black** : <https://ryersonian.ca/index-8.htm>
- **QTBIPOC Meditations and Articles for Queer and Trans People of Colour:**
<https://restforresistance.com/rest> <https://restforresistance.com/read>
- **Black Women's Health Imperative:** This nonprofit organization was founded by Black women to "help protect and advance the health and wellness of Black women and girls." The site includes information about physical health as well as a quiz to determine your stress level <https://bwhi.org>
- **BIPOC Mental Health Awareness: The Depths of Racism in Psychiatric Care:** Within these pages, you will find a collection of data-driven papers and perspectives written by leading mental health professionals that address the ongoing impact of structural racism on the mental health of Black Americans.
https://pro.psycom.net/special_reports/bipoc-mental-health-awareness-racism-in-psychiatry
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Support Groups

- **Family Smart** - Offers parent peer support with other parents of children with mental health concerns: <https://familysmart.ca/>
- **Eating Disorder Support Group for Black folks**
<https://www.thesanctuaryinthecity.org/ed>
- **Locate Eating Disorders Program Map:**
<https://keltyeatingdisorders.ca/finding-help/programs/>
- **QTBIPOC Healing Space** - A space for *queer, trans and intersex Black, Indigenous & persons of color (QTIBIPoC)* to discuss how they can use their unique gifts to navigate the intersectional challenges in their individual lives and heal together as a community.
(<https://www.facebook.com/groups/qtibipoc-healing-space-723387934447468/>)
- **BEAM Healing spaces for Black folks:** <https://beam.community/programs/>
- **MOSAIC Counselling and Peer Groups for 2SLGBTQIA+ immigrants:**
<https://mosaicbc.org/our-programs/services-for-newcomer-lgbtq-refugees/>
- **HiM Life in Colour:** Space for *GBQ men and gender diverse people-of-colour* to come together in a respectful, safer, and non-judgmental environment. This exclusive (POC only) space will be a mix of fun social activities, sharing past experiences as well as exploring and expanding on how our identities relate to our health. <https://checkhimout.ca/event/life-colour-online/2022-12-21/>
- **PHSA Peer Support Directory** for *trans, gender diverse, and Two-Spirit* children, youth, and adults, as well as their parents/caregivers, families, partners, and support networks in BC:
<http://www.phsa.ca/transcarebc/care-support/peer-community-support/srvc-directory>
- **FamilyCare, CommunityCare and SelfCare Tool Kit: Healing in the Face of Cultural Trauma:** This 26-page tool kit, written in English and Spanish, contains information about how stress and trauma affect the body and mind, and self-care strategies for dealing with the effects of racism.
<https://www.abpsi.org/pdf/FamilyCommunitySelfCareToolKit.pdf>
- **Mental Health Issues Facing the Black Community:**
<https://sunshinebehavioralhealth.com/mental-health-issues-facing-the-black-community/>
- **Research on Mental Health Care for African Americans:**
<https://www.ncbi.nlm.nih.gov/books/NBK44251/>
- **Melanin & Mental Health:** Run by two Black women who are therapists, this website offers a directory of "dope," culturally competent therapists, a podcast about mental health, and additional resources.
<https://www.melaninandmentalhealth.com/resources/>

<https://www.melaninandmentalhealth.com/wp-content/uploads/2021/02/MMH-Resource-List-2021.pdf>

- **Ourselves Black:** This website focuses on and promotes Black mental health with a magazine, newsletter, and podcast. <https://ourselvesblack.com>
- **Rest for Resistance:** This site contains articles written for queer persons of color by queer persons of color, providing reminders and tips to help you rest and recover.
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Free Online Mental Health Techniques & Tools

- **The Wellness Society** – *Free mental wellbeing tools*
<https://thewellnesssociety.org/free-tools/>
- **BEAM** - *Wellness Tools for Black folks:* <https://beam.community/wellness-tools/>
- DBT Self Help – List of resources and easy-to-learn DBT skills
- **Bounce Back:** <https://bouncebackbc.ca>
 - BounceBack is a free skill-building online program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry.

<https://dbtselfhelp.com/resources/>
<https://dbtselfhelp.com/dbt-skills-list/>

PHYSICAL HEALTH RESOURCES

- **Skin Cancer Awareness & Prevention for People of Color**

<https://thederreview.com/skin-cancer-awareness-prevention-for-people-of-color/>

- **Location: Online**
- **Cost: Free**

About: Provides information about skin cancer in the POC community, including what it looks like, how fast it spreads, how to perform a check and sunscreen recommendations for people of colour.

DISABILITY RESOURCES

- **The Harriet Tubman Collective:** A group of Black deaf & Black disabled organizers, community builders, activists, dreamers, lovers striving for radical inclusion and collective liberation.
- **HEARD:** Volunteer-based organization working to end violence against and incarceration of disabled people going through the justice system.
- **Autistic People of Color Fund:** A fund for community reparations for autistic People of Color's interdependence, survival and empowerment.
- **Women for Political Change:** A mutual aid fund that prioritizes BIPOC, LGBTQ, sick or disabled, immigrants, the unemployed, survivors of violence, parents or caretakers, and people experiencing homelessness.
- **National Alliance of Multicultural Disabled Advocates:** This is a network of organizers across the country who invest in the livelihood and leadership of Black and Brown people with disabilities. Their mission is to increase the representation and success of Black and Brown people with disabilities.
- **Black Disability Collective:** An online community space dedicated to uplifting and advocating for Black disabled lives.
- **Disability Art and Culture Project (DACP):** This organization furthers the artistic expression of people with both apparent and non-apparent disabilities by supporting creative expression of people with disabilities and supporting established and emerging artists, as well as the community at large, in developing knowledge and expression of disability culture and pride.

- **ASE Community Foundation for Black Canadians with Disability**

<https://asecommunityfoundation.com/>

- **About:** They seek to disrupt disparities at the intersection of Blackness, disability, and gender, driving a cultural shift that supports the collective liberation of our community. This is done through education and awareness, collaborative knowledge sharing, research, policy, and youth empowerment anchored in a national Black Accessibility Knowledge Hub.

WOMEN'S HEALTH RESOURCES

- **BIPOC Women's Health Network**

<https://bipocwomenshealth.com>

- **Location:**
- **Cost:**
- **About:** Provides culturally-sensitive, anti-oppressive, multilingual, feminist, and pro-choice healthcare resources healthcare providers, medical students and patients in order to address healthcare disparities faced by BIPOC women and serve racialized women in local Canadian communities.

- **BC Reproductive Mental Health Program**

<https://reproductivementalhealth.ca>

- **Location:** Residents of BC
- **Cost:**
- **About:** We assess and treat women who are pregnant, postpartum, and with premenstrual dysphoric disorder (PMDD). We are committed to providing expert and specialized information, services and resources to this group of women, to their partners and families and also to the professionals that work with them so that mental health challenges and disorders can be recognized and early treatment can be offered.

- **MYPOSTCARE**

<https://mypostcare.ca>

- **Location:** Online
- **Cost:** Free
- **About:** myPostCare is a web-based tool which was designed to provide women and non-binary people with support, information, and resources for surgical abortion. The site includes evidence-based information on post-procedure care, emotional well-being, contraception, sexual health, and other resources in the community such as talk lines, counselling, and more.

- **Birthing While Black**

<https://ancestralhandsmidwives.thinkific.com/courses/BwB>

- **Location:** Online
- **Cost:** Free
- **About:** A prenatal class by and for the Black community.

- **The Loveland Foundation:** A non-profit organization offering financial assistance to Black women and girls seeking therapy.
- **Sista Afya:** A social enterprise that provides low-cost mental wellness services that center the experiences of Black women. They are dedicated to sustaining the mental wellness of Black women through connection to resources and the support of one another.
- **Pretty Brown Girl:** This organization empowers Black and Brown girls while encouraging self-acceptance by cultivating social, emotional, and intellectual well-being.
- **Black Women's Health Imperative:** A nonprofit organization created by Black women to help protect and advance the health and wellness of Black women and girls.
- **Black Girls Smile:** This nonprofit provides young black women education, resources, and support to lead mentally healthy lives and highlights the under-served and underrepresented mental health needs of young Black women.
- **National Indigenous Women's Resource Center:** A Native-led non-profit with goals to end violence against Indigenous women by uplifting the collective voices of advocates and offering culturally grounded resources, assistance, and training to strengthen tribal sovereignty.

VIOLENCE SUPPORT

- **Surrey Women's Center**

<https://surrey womenscentre.ca/our-programs/>

- **Location:** Surrey
- **Cost:** Free
- **About:** We offer individual and support group services (ie. sharing closet, 24hr mobile crisis response team, trauma counselling, medical emergency support, transportation to hospitals) to adult, self-identified women who have experienced gender-based violence, such as sexual assault, childhood abuse and relationship violence (or domestic violence).

- **Cythera Transition House Society**

<https://www.cythera.ca>

- **Location:** Maple Ridge
- **Cost:** Free
- **About:** Stopping the Violence Program (STV) offers cisgender women, transgender women, non-binary and gender variant individuals assigned female at birth an opportunity to address experience of abuse from a client centred and strengths-based perspective. This program offers a variety of services to clients ranging from supportive services to group and individual counselling.

- **Battered Women's Support Services**

<https://www.bwss.org>

- **Location:** Vancouver
- **Cost:** Free
- **About:** Battered Women's Support Services provides education, advocacy, and support services to assist all victims and survivors in our aim to work towards the elimination of gender-based violence and to work from a feminist perspective that promotes gender equity.

- **WISH Drop-In Society**

<https://wish-vancouver.net>

- **Location:** Vancouver
- **Cost:** Free
- **About:** WISH works to improve the health, safety and well-being of women who are involved in Vancouver's street-based sex trade.

- **The Bradley Angle Healing Roots Program**: A program that provides resources that offer healing and connection for Black survivors of domestic abuse. They provide a 24-hour crisis line at **503-235-5333**.
- **The National Organization of Sisters of Color Ending Sexual Assault (SCESA)**: This is a Women of Color-led non-profit committed to ensuring that systems-wide policies and social change initiatives related to sexual assault are informed by critical input and direction of Women of Color.
- **Strong Hearts Native Helpline**: Chat online daily from 7 a.m. to 10 p.m. CT with this safe, anonymous and confidential domestic, dating, and sexual violence helpline for American Indians and Alaska Natives, offering culturally appropriate support and advocacy. They also provide a 24/7 helpline at **1-844-762-8483**.
- **The Network/LA Red**: A social justice organization that works to end partner abuse in lesbian, gay, bisexual, transgender, SM, polyamorous, and queer communities through anti-oppression principles, organizing, education, and the provision of support services. They also provide a 24-hour crisis line at **617-742-4911**.
- **Women of Color Network Inc.**: This group works in and beyond the fields of domestic violence and sexual assault to address a broad range of violence affecting communities of color such as human trafficking, police brutality, and over-incarceration.
- **INCITE!**: A network of radical feminists of color organizing to end state violence and violence in our homes and communities.
- **No More**: This foundation is dedicated to ending domestic violence and sexual assault against all genders by increasing awareness, inspiring action, and fueling cultural change.
- **Additional Women's Health Resources**
- **BC Women's Hospital + Health Centre - Abortion & Contraception Resources**
<http://www.bcwomens.ca/health-professionals/professional-resources/abortion-contraception-resources>

LEGAL RESOURCES

- **National Bail Out**

<https://www.nationalbailout.org>

- **Location:** US-based
- **About:** National Bail Out is a Black-led and Black-centered collective of abolitionist organizers, lawyers and activists building a community-based movement to support our folks and end systems of pretrial detention and ultimately mass incarceration.

- **CLAS**

<https://clasbc.net>

- **Location:** BC
- **Cost:** Free
- **About:** CLAS provides free confidential legal advice from a lawyer to anyone who has experienced, or is experiencing, sexual harassment in their workplace in BC. Free education and training is also provided to workplaces on preventing and addressing sexual harassment in the workplace.

- **Access Pro Bono**

<https://accessprobono.ca>

- **Location:** BC
- **Cost:** Free
- **About:** Access Pro Bono promotes access to justice in BC by providing quality pro bono legal services for people and non-profit organizations of limited means.

- **Sexual Harassment Advice, Response, and Prevention for Workplaces (SHARP Workplaces)**

<https://sharpworkplaces.org>

- **Location:**
- **Cost:** Free
- **About:** Free legal clinic with CLAS that will provide you with up to five hours of free confidential legal advice from a lawyer.

- **Native Courtworker and Counselling Association of BC**

<https://nccabc.ca/court/#native-courtworker-services>

- **Location:** BC
- **Cost:**
- **About:** The Native Courtworker program helps ensure you understand the criminal justice process, and obtain fair, just, equitable & culturally sensitive treatment before the courts.

- **Together Against Poverty Society (TAPS)**

<https://www.tapsbc.ca>

- **Location:** Victoria
- **Cost:** Free
- **About:** TAPS is one of the largest providers of free, face-to-face legal advocacy for people with income assistance, disability benefits, employment standards, and tenancy issues.

- **North Shore Community Resources: Community Legal Services**

<https://legal.nscr.ca/>

- **Location:** North Vancouver
- **Cost:** Free
- **About:** Free access to family law advocate, legal advocate and legal information & assistance coordinators for low-income individuals.

- **TRAC**

<https://tenants.bc.ca/>

- **Location:** BC
- **Cost:** Free
- **About:** TRAC is a non-profit organization that provides free legal education, representation, and advocacy on residential tenancy matters.

IMMIGRATION RESOURCES

- **Africa-Canada Education Foundation**

<https://www.africa-canadaeducationfoundation.org/>

- **Location:** BC
- **About:** Supports underserved and marginalized African-Canadian, new immigrant and refugee students in Canada.

- **Diversecity**

<https://www.dcrs.ca>

- **Location:** Surrey, Delta Region
- **Cost:** Free
- **Languages:** Multilingual, including Punjabi, Hindi, Urdu, Arabic, Spanish, Mandarin, Farsi and English.
- **About:** We help newcomers and other diverse communities build the life they want in Canada. Provide support with settlement, housing, accessing health care, language, employment, community engagement and mental health/counseling. Personalized support for LGBTQ+ newcomers settling into new community and finding resources. This service is available for LGBTQ+ permanent residents and protected persons.

- **Rainbow Refugee**

<https://www.rainbowrefugee.com>

- **Location:** Based in Vancouver
- **About:** Rainbow Refugee supports and assists LGBTQ and/or HIV+ asylum seekers, refugee claimants and refugees in Canada. They also hold information drop-ins where lesbian gay bi trans queer /HIV+ people considering or making a claim can learn about the application process and community resources.

- **Centre of Integration For Immigrants**

<https://www.ciia-ciai.com/about-us>

- **Location:** Vancouver, BC
- **About:** Provide a bridge between the African immigrant community and its larger surrounding communities by assisting immigrants in acquiring the skills, knowledge and experience necessary to integrate into Canadian society.

- **Pacific Immigrant Resources Society**

<https://pirs.bc.ca>

- **Location:** Vancouver
- **About:** Our mission is to empower immigrant and refugee women and children to fully participate in Canadian life through neighborhood-based, accessible and inclusive programs

- **VBL Guide for Settlement Services in Vancouver**

<https://www.vpl.ca/guide/immigration-and-settlement/settlement-services>

BLACK COMMUNITY RESOURCES

- **Ethos Lab**

<https://ethoslab.ca/>

- **Location:** Vancouver
- **Cost:** Varies
- **About:** For diverse teens 12-18 to come to discover, explore, and develop through S.T.E.A.M and culture-based experiences that isn't school.

- **Vancouver Black Library**

<https://www.vancouverblacklibrary.org/>

- **Location:** Vancouver
- **Cost:** Free
- **About:** "Vancouver's" Black Library, offering resources and workspace by and for people of colour.

- **Black Women Connect Vancouver**

<https://blackwomenconnectvancouver.com/>

- **Location:** Vancouver
- **Cost:** Varies based on event
- **About:** Black Women Connect Vancouver is a collective of women who come together to inspire, empower, leverage our strengths and embrace our diverse experiences.

- **Black Arts Centre**

<https://theblackartscentre.ca/>

- **Location:** Surrey
- **Cost:** Varies based on event
- **About:** The Black Arts Centre (BLAC) is a Black youth owned and operated gallery and community site.

- **LEVEL UP**

https://www.instagram.com/level_up.yvr/?hl=en

- **Location:** Vancouver
- **Cost:** Varies based on event
- **About:** Vancouver's only QTBIPOC-centred hip-hop dance party.

- **BC Community Alliance**

<https://www.bccommunityalliance.com/>

- **Location:** Vancouver
- **About:** Black-led not-for-profit organization dedicated to combating systemic racism throughout BC.

- **Hogan's Alley Society**

<https://www.hogansalleysociety.org/>

- **Location:** Vancouver
- **About:** The Hogan's Alley Society (HAS) is a non-profit organization committed to daylighting the presence of Black history in Vancouver and throughout British Columbia.

- **Black Girl Collective**

<https://blackgirlcollective.com/>

- **Location:** Vancouver
- **Cost:** Varies based on event
- **About:** Non-profit Organization advocating for Black women through special curated programs such as mentorship and community centered events.

- **Colour the Trails**

<https://colourthetrails.com/>

- **Location:** Vancouver
- **Cost:** Varies based on event

- **About:** We are a community of BIPOC and LGBTQ2S+ nature seekers. We offer a variety of outdoor activities, all you need to do is show up with an open heart and mind. We provide everything required to participate, and we subsidize the cost of the activity to increase accessibility.

- **Yarrow Intergenerational Society for Justice**

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

- **Location:** Vancouver
- **Cost:** Free
- **About:** We build power in our community through intergenerational relationship building, and by helping seniors overcome language and cultural barriers to services that meet their basic needs.

- **UBC Black Caucus**

<https://blackcaucus.ubc.ca>

- **Location:** Vancouver/UBC
- **About:** The mission of the UBC Black Caucus is to promote a greater sense of community, advocate progress and maintain ongoing support for Black students, staff, and faculty at UBC in an effort to enhance anti-racism and cultural diversity within the University, and support the academic mission of the institution.

- **The Brown Citizen Circle**

<https://www.browncitizencircle.ca>

- **Location:** Canada
- **About:** Registered nonprofit organization that aims to elevate the voices of BIPOC youth, with a specific focus on amplifying underrepresented Brown voices across Canada (Black, Indigenous, and South Asian). We are currently committed to hosting events that are capable of engaging different communities in advocating for BIPOC lives.

- **Black Van Club**

<https://www.blackvanclub.com>

- **Location:** Vancouver
- **About:** Black Van Club was born out of the desire to connect and share events around Vancouver for and by Black People, and they update events weekly!

- **House of Rebirth:** A transformative housing initiative and community safe space led by Black Trans Women to assist Black Trans Women affected by oppression by offering resident services and community programs.

- **Instagram Accounts**

- Therapy for Black Girls: <https://www.instagram.com/therapyforblackgirls/>
- Minaa B.: https://www.instagram.com/minaa_b/
- WOC Yoga Unity: <https://www.instagram.com/wocyogaottawa/>
- Dr. Thema: <https://www.instagram.com/dr.thema/>
- Jacquelyn Ogorchukwu: <https://www.instagram.com/ogorchukwu/>
- Nedra Tawwab: <https://www.instagram.com/nedratawwab/>
- Rachel Ricketts: <https://www.instagram.com/iamrachelricketts/>
- Africa Brooke: <https://www.instagram.com/africabrooke/>
- Kendra Coupland: <https://www.instagram.com/kendracoupland/>

GENERAL RESOURCES

- **Union Gospel Mission**

<https://ugm.ca/how-we-help>

- **Location:** BC
- **About:** Supports with outreach, counseling, referrals, food access, shelter, clothing, substance use, employment, affordable housing and childcare

- **BC Association of Aboriginal Friendship Centres (BCAAFC)**

<https://bcaafc.com/help/safespace-sharing/>

- **Location:** Online
- **Cost:** Free
- **About:** BCAAFC is a website application which aims to create a safe environment for the BIPOC community to share their experiences of racism and micro-aggression in the BC healthcare system.

- **National Congress of Black Women Foundation**

<https://www.ncbwf.org>

- **Location:** Canada
- **About:** National Congress of Black Women Foundation promotes and facilitates activities and model programs which foster advancement, recognition, health and education of black women and their families through funding and research.

- **Black Health Alliance**

<https://blackhealthalliance.ca/about/>

- **Location:** Canada
- **About:** A community-led registered charity working to improve the health and well-being of Black communities in Canada

- **Afro Van Connect**

<https://www.afrovanconnect.com/about>

- **Location:** Vancouver, BC
- **About:** Non-Profit Organization dedicated to empowering people of African Descent through conversation, collaboration, creation & performance.

- **Odihi**

<https://www.odihi.com/>

- **About:** Empowerment and resource group for Black, Indigenous, and People of Colour (BIPOC) women and girls looking to develop the necessary skills to walk the career path of their dreams. Provide BIPOC women and girls with educational resources, mental health support, and the guidance they need to succeed in life.

Additional Resources

- **YouthCO Navigating Healthcare Strategies:**
https://www.youthco.org/nahe_preappointment_strategies
- **211:** Free, confidential, multilingual information and referral line to a full range of community, social, and government services. Available 24 hours a day, 7 days a week.
- Anti-oppressive workout and body resources for **2SLGBTIQA+** and **BIPOC** folks:
<https://www.autonomyfitness.ca/resources/>
- **POC Online Classroom:** This website "by and for people of colour" offers readings and resources related to self-care, race, feminism, and more.
<https://www.poconlineclassroom.com/resources>
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The Care I Want - How to Make the Most of Sexual and Reproductive Health Services

https://assets.nationbuilder.com/cbrc/pages/2707/attachments/original/1675708526/The_Care_I_Want_FULL_reduced.pdf?1675708526#zoom=80&%23toolbar=1&navpanes=0&scrollbar=1