



Black Youth Empowerment for Social Inclusion and Mental Well-being

Mental Health Resources and Support in BC

.....Belong. Be Well. Become

"It's okay to ask for help. You are not alone "



Local Support

Dan's Legacy | #250-131 11th St, New Westminster, BC V3M 1K9

Fraserside - PEACE Program (children/youth experiencing violence) | 2nd Fl, 519 Seventh St, New Westminster, BC V3M 6A7

Fraserside - Perspectives (Substance Use) - Youth & Families | 2nd Fl, 519 Seventh St, New Westminster, BC V3M 6A7

Frog Hollow Neighbourhood House - Youth Programs | 5288 Joyce St, Vancouver, BC V5R 6C9 | yac.bscp@gmail.com

SHARE Family & Community Services - Community Counselling | 2615 Clarke St, Port Moody, BC V3H 1Z4

START (Short-Term Assessment Response Treatment) - Fraser Health | #101-7635 King George Blvd, Surrey, BC V3W 5B1

UBC Black Caucus - Black Mental Wellness Project | Brock Commons South 4003, 6180 Walter Gage Rd, Vancouver, BC V6T 1Z1 | Contact: 604-827-1773

Vancouver Black Therapy & Advocacy Foundation (VBTAF) | Metro Vancouver

"We're expected to always be strong, like showing emotions means you're weak. It's exhausting."



Need Help Now?

310-Mental Health Support (BC) | Dial 310-6789 (no area code)

Black Youth Helpline (Canada-wide) | Call-416-285-9944 Toll free- 1-833-294-8650 | info@blackyouth.ca

Foundry BC Mental Health Support (ages 12-24) | 1-800-784-2433 | 1-800-SUICIDE (1-800-784-2433) or SMS/Text: 45645 anytime

Here2Talk (BC post-secondary students) | 1-877-857-3397 or direct 604 642-5212

Kids Help Phone (Canada) | 1-800-668-6868 or text CONNECT to 686868

Talk Suicide Canada | 1-833-456-4566 toll-free, anytime – or text 45645 between from 4 pm to midnight EST

Afro-Canadian Positive Network of BC Society (ACPNet)



Contact Us
+1(604) 626-9242



Our Mail
acpnetworkbc@gmail.com



Our Address
3999 Henning Drive, Burnaby

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"Sometimes I wish I didn't have dark skin or an accent. I feel like I have to change who I am just to fit in."

What is Mental Health

Mental health is the state of psychological and emotional well-being that enables people;

- Handle stress
- Learn and Grow
- Build & Handle Relationships



youth experience a mental illness by age 25, in Canada

Common Mental Health Concerns (Black Youth)



Anxiety

Anxiety is when you feel nervous, tense, or worried- sometimes about real things, and sometimes about things your mind just thinks might happen



Depression

Depression is when you feel sad, empty, or lose interest in things you used to enjoy - and those feelings don't go away for a long time



Post-traumatic stress disorder (PTSD)

PTSD can happen after going through or seeing something really scary or overwhelming. It can leave you feeling on edge, unsafe, or easily triggered by reminders of what happened

Other Challenges Include:

Attention-Deficit/Hyperactivity Disorder (ADHD); Autism Spectrum Disorder (ASD), and Eating Disorders



References

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Mayo Clinic. (2024). Post-Traumatic Stress Disorder (PTSD). Mayo Clinic; Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>

MedlinePlus. (2020, May 22). Anxiety. MedlinePlus; National Library of Medicine. <https://medlineplus.gov/anxiety.html>

Mental Health Commission of Canada. (2017). Children and Youth. Mental Health Commission of Canada. <https://mentalhealthcommission.ca/what-we-do/children-and-youth/>

Sawchuk, C. (2022, October 14). Depression (Major Depressive Disorder). Mayo Clinic; Mayo Foundation for Medical Education and Research. <https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>

WHO. (2025). Mental Health. World Health Organization. https://www.who.int/health-topics/mental-health#tab=tab_1

Mental Health **Support** and Resources in BC

Youth-friendly reads (15-24)

A Gift Grows in the Ghetto: Reimagining the Spiritual Lives of Black Men. Free online

Black Enough: Stories of Being Young & Black in America. Free with a BC library card (YA anthology)

The Great Black North: Contemporary African Canadian Poetry. Free with a BC library card

What Doesn't Kill You Makes You Blacker (Damon Young). Free with a BC library card

You Are Your Best Thing (edited by Tarana Burke & Brené Brown). Free with a BC library card

Black-led Community Organizations

- African Descent Society BC (ADSBC)
- African Heritage Association of Vancouver Island (AHAVI)
- BC Community Alliance (BCCA)
- Black Lives Matter Vancouver
- Black Women Connect Vancouver
- Daughters of Hope (Housing connections)
- Embrace BC (anti-racism/multicultural engagement)
- Ghanaian Canadian Association of BC (GCABC)
- Hogan's Alley Society (HAS)
- Issamba Centre (AACCCS)
- Jr. Black Achievement Awards (JrBAA) Society
- Lead Disability Inclusive Society BC (LDIS BC)
- Nigerian Canadian Association of BC (NCABC)
- The Black Arts Centre (BLAC)
- Unity Centre Association for Black Cultures (UCABC)
- Vancouver Black Therapy & Advocacy Foundation (VBTAF)
- Zimbabwe Cultural Society of BC (ZCSBC)