



Black Yute Empowerment fih Social Inclusion an' Mental Well-being

Mental Health Resources an' Support in BC

.....Belong. Be Well. Become

**"It okay fih ask fih help.
Yuh not alone"**



Need Help Now?

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

Black Yute 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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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) - Yute & Families | 2nd Fl, 519 Seventh St, New Westminster, BC V3M 6A7

Frog Hollow Neighbourhood House - Yute 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

**"Dem expec wih fih always be strong,
like if yuh show emotions mean sey
yuh weak. It exhausting."**





"Sometime mih wish sey mih neva have dark skin nor have accent. Mih feel like mih haffi change mihself jus fih fit in."

Wha Name Mental Health

Mental health ah di state of psychological an' emotional well-being dat wih enable people,

- Hangle stress
- Learn fih Grow
- Buil' & Hangle Relationships



yute experience a mental illness by age 25, inna Canada

Common Mental Health Concerns (Black Yute)



Anxiety

Anxiety ah when yuh feel nervous, tense, or worried, sometimes 'bout real tings, an' sometimes 'bout tings yuh miin jus tink sey it ah guh happen



Depression

Depression ah when yuh feel sad, empty, or lose interest inna tings yuh used to enjoy - an' those feelings nah go way fih ah long time



Post-traumatic stress disorder (PTSD)

PTSD cyan happen after yuh guh tru or seeing someting really scary or overwhelming. It cyan leave yuh feeling on edge, unsafe, or easy fih trigger by reminder 'bout wha happen.

Other Challenges Include:

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



"Mih waan help, but mih honestly nuh know whe fih guh. Nobody nuh talk 'bout whe Black yute cyan guh fih get support."

References

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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** an' Resources in BC

Yute-friendly reads (15-24)

A Gift Grow inna dih Ghetto: Imagine again dih Spiritual Livity ah Black Men. Free online)

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

Dih Great Black North: Contemporary African Canadian Poetry. Free wid a BC library card

Wha Nuh Kill Yuh Mek Yuh Blacker (Damon Young). Free wid a BC library card

Yuh ah Yuh Own Best Thing (edited by Tarana Burke & Brené Brown). Free wid a BC library card

Black-led Community Organizations

- African Descent Society BC (ADSCB)
- 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)