

Msaada Katika Eneo

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

Fraser'side – Programu ya PEACE (watoto/vijana wanaopitia dhuluma) | 2nd Fl, 519 Seventh St, New Westminster, BC V3M 6A7

Fraser'side – Perspectives (Matumizi ya Dawa za Kulevya) – Youth & Families | 2nd Fl, 519 Seventh St, New Westminster, BC V3M 6A7

Frog Hollow Neighbourhood House – Programu za Vijana | 5288 Joyce St, Vancouver, BC V5R 6C9 | yac.bscp@gmail.com

SHARE Huduma za Familia na Jamii-Ushauri wa Jamii | 2615 Clarke St, Port Moody, BC V3H 1Z4

START (Huduma za Muda Mfupi za Tathmini na Msaada wa Haraka) – Fraser Health | #101-7635 King George Blvd, Surrey, BC V3W 5B1

UBC Black Caucus – Mradi wa Afya ya Akili ya Watu Weusi | Brock Commons South 4003, 6180 Walter Gage Rd, Vancouver, BC V6T 1Z1 | Contact: 604-827-1773

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

"Tunatarajiwa kuwa na nguvu kila wakati, ni kama kuonyesha hisia kunamaanisha wewe ni dhaifu. Inachosha."



Unahitaji Msaada Sasa?

310-Msaada wa Afya ya Akili (BC) | Piga 310-6789 (hakuna msimbo wa eneo)

Nambari ya Dharura ya Kusaidia Vijana Weusi (Kanada-NZIMA) | Piga- 416-285-9944
Hailipishwi- 1-833-294-8650 | info@blackyouth.ca

Foundry BC Msaada wa Afya ya Akili (umri 12-24) | 1-800-784-2433 | 1-800-KUJIUA (1-800-784-2433) au SMS/Ujumbe: 45645 wakati wowote

Here2Talk (BC wanafunzi waliomaliza sekondari) | 1-877-857-3397 au moja kwa moja 604 642-5212

Kids Help Phone (Kanada) | 1-800-668-6868 au tuma ujumbe CONNECT kwa 686868

Talk Suicide Canada | 1-833-456-4566 hailipishwi, wakati wowote – au tuma ujumbe 45645 kati ya saa kumi jioni hadi saa sita usiku EST

Afro-Canadian Positive Network ya Jamii ya BC (ACPNet)



Wasiliana Nasi
+1(604) 626-9242



Barua pepe
acpnetworkbc@gmail.com



Anwani yetu
3999 Henning Drive, Burnaby

This initiative has been made possible through a financial contribution from the Public Health Agency of Canada. The views expressed herein do not necessarily reflect those of the Public Health Agency of Canada.



Uwezeshaji wa Vijana weusi kwa Ujumuishaji wa Kijamii na Ustawi wa Akili

Rasilimali za afya ya akili na Msaada katika BC

... Stahili. Stawi. Kuwa

"Ni sawa kuomba msaada. Hauko peke yako"



"Wakati mwingine natamani nisingekuwa na ngozi nyeusi au lafudhi. Ninahisi kama lazima nijibadilishe ili tu nifae."



Afya ya Akili ni nini

Afya ya akili ni hali ya ustawi wa kisaikolojia na kihisia ambayo inawawezesha watu;

- **Kukabiliana na mkazo**
- **Kujifunza na Kukua**
- **Kujenga na Kushughulikia Mahusiano**



vijana hupata ugonjwa wa akili wakiwa na umri wa miaka 25, Nchini Kanada

Masuala ya Kawaida ya Afya ya Akili (Vijana Weusi)



Dukuduku

Dukuduku ni wakati unahisi woga, fadhaa, au wasiwasi - wakati mwingine juu ya vitu halisi, na wakati mwingine juu ya vitu ambavyo akili yako inadhandani tu vinaweza kutokea



Msongo wa mawazo

Msongo wa mawazo ni pale unapohisi huzuni, utupu, au unapopoteza hamu na mambo ambayo ulikuwa unafurahia - na hisia hizo haziondoki kwa muda mrefu



Tatizo la kiakili linalotokana na kiwewe (PTSD)

PTSD inaweza kutokea baada ya kupitia au kuona kitu cha kutisha au lenye kusumbua. Inaweza kukufanya ujisikie daima uko hatarini, huko usalama, au kuchochewa kwa urahisi unapokutana na vitu vinavyokukumbusha tukio hilo

Changamoto zingine zinajumuisha;

Matatizo ya Umakini na Utulivu (ADHD);
Matatizo ya Wigo wa Usonji (Autism Spectrum Disorder – ASD); na Matatizo ya Kula



"Nataka msaada, lakini kwa kweli sijui niende wapi. Hakuna anayezungumzia mahali ambapo vijana Weusi wanaweza kupata msaada."

Marejeleo

Loprespub. (2022, Novemba 17). Vijana na Afya ya Akili Nchini Kanada. HillNotes. <https://hillnotes.ca/2022/11/17/youth-and-mental-health-in-canada/>
Kliniki ya Mayo. (2024). Tatizo la kiakili linalotokana na kiwewe (PTSD). Kliniki ya Mayo. <https://www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967>
MedlinePlus. (2020, Mei 22). Dukuduku. MedlinePlus; Maktaba ya Kitaifa ya Tiba. <https://medlineplus.gov/anxiety.html>
Tume ya Afya ya akili ya Kanada. (2017). Watoto na Vijana. Tume ya Afya ya akili ya Kanada. <https://mentalhealthcommission.ca/what-we-do/children-and-youth/>
Sawchuk, C. (2022, October 14). Msongo wa mawazo (Ugonjwa Mkubwa wa Msongo wa Mawazo). Kliniki ya Mayo; Wakfu wa Mayo wa Elimu na Utafiti wa Kimatibabu. <https://www.mayoclinic.org/diseases-conditions/depression/symptoms-causes/syc-20356007>
WHO. (2025). Afya ya Akili. Shirika la Afya Duniani. https://www.who.int/health-topics/mental-afya#tab=tab_1

Afya ya Akili Msaada na Rasilimali katika BC

Masomo yanayofaa vijana (15-24)

A Gift Grows in the Ghetto: Kufikiria Upya Maisha ya Kiroho ya Wanaume Weusi. Hailipishwi mtandaoni

Black Enough: Hadithi za Kuwa Kijana Mweusi nchini Marekani. Hailipishwi ukiwa na kadi ya maktaba ya BC (YA anthology)

The Great Black North: Mashairi ya Kisasa ya watu wenye asili ya Afrika nchini Kanada. Hailipishwi ukiwa na kadi ya maktaba ya BC

What Doesn't Kill You Makes You Blacker (Damon Young). Hailipishwi ukiwa na kadi ya maktaba ya BC

You Are Your Best Thing (iliyohaririwa naTarana Burke & Brené Brown). Hailipishwi ukiwa na kadi ya maktaba ya BC

Mashirika ya kijamii yanayoongozwa na watu Weusi

- 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 (Kuunganisha watu na makazi)
- Embrace BC (kupinga ubaguzi wa rangi, na kukuza ushirikiano wa tamaduni mbalimbali)
- Ghanaian Canadian Association ya 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)
- Wakfu wa Tiba na Utetezi wa Watu Weusi ya Vancouver (VBTAf)
- Zimbabwe Cultural Society of BC (ZCSBC)