



Resources for Black Women and Youth

Black Youth Helpline serves all youth and specifically responds to the need for a Black youth-specific service, positioned and resourced to promote access to professional, culturally appropriate support for youth, families and schools. Available across Canada.

 416-285-9944

 833-294-8650

 <https://blackyouth.ca/>

Future Black Female provides FREE virtual and in-person counselling to Black girls aged 16-22 in Canada.

 <https://www.futureblackfemale.com/mental-health>

