

Culturally Responsive Mental Health & Wellbeing Services for Students and Families (Alphabetized)

[Across Boundaries](#) provides a dynamic range of dignified, inclusive and compassionate mental health and addiction services and programs for racialized communities in Afrikaans, Amharic, Arabic, Bengali,, Caribbean dialects, Dari, Farsi (Persian), Harare, Hindi, Mandarin, Pashto, Punjabi, Shona, Somali, Swahili, Tsonga, Twi, Urdu, Xhosa

[Black Youth Helpline](#) (416-285-9944/1-833-294-8650) serves all youth and specifically responds to the need for a Black youth specific service

[BounceBack Ontario](#) is a free, guided self-help program that's effective in helping people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. Services available in Arabic.

[Canadian Centre for Victims of Torture](#) is a community-based organization that helps victims of torture, war, genocide and crimes against humanity. CCVT provides treatment, tools and support that allow refugees to heal from trauma and become active community members. Youth Settlement Counselor: 416-363-1066 EXT: 227; Parenting Support: 416-363-1066. [Children and Youth Programs](#) Support is available in various languages including Arabic.

[Distress Centres of Greater Toronto Area](#) provides support in [English](#), [Cantonese](#), [Mandarin](#), [Portuguese](#), [Spanish](#), [Hindi](#), [Punjabi](#) and [Urdu](#).

[Family Services of York Region](#) Supported languages Tamil, Hindi, Urdu, Farsi, Mandarin/Cantonese, Gujarati, Punjabi

[Harriet's Youth Support Line](#) (1-877-695-2673) is a 24-hour emergency / crisis response line for African, Caribbean, and Black youth. Text messaging is available for young people who do not feel like speaking to someone, but are still in need of help.

[Hong Fook](#) provides a continuum of mental health services covering the spectrum from "promoting wellness" to "managing illness" in Cambodian, Chinese (Cantonese and Mandarin), Korean, Vietnamese and English.

[Hope for Wellness Helpline](#) (1-855-242-3310) offers immediate help to all Indigenous peoples across Canada. It is available 24 hours a day, 7 days a week and offers counselling and crisis intervention. Connect to access support via phone or online chat.

[ICNA Relief Canada](#) (905-858-1067) provides a non-clinical aspect of counselling to clients in need

[Jewish Family and Child Services](#) is a multi-service agency that strengthens and supports individuals, children, families and communities within the context of Jewish values. Jewish Family and Child Services offers affordable, professional counselling that is confidential and convenient.

[JVS Toronto](#) offers individual counselling for children, adolescents and adults addressing symptoms related to mental health such as anxiety, depression or anger. They also offer counselling to parents as they



strive to provide the best for their children while dealing with their own stressors.

[Khalil Center](#) is a psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic principles. Khalil Center utilizes faith-based approaches rooted in Islamic theological concepts while integrating the science of psychology towards addressing psychological, spiritual and communal health

[Muslim Family and Child Services](#) (416) 910-1253 is a not for profit organization using an integrated network of professional consultants and community support services including crisis intervention

[Naseeha](#) (1-866-627-3342) provides an anonymous, non-judgmental, confidential and toll-free peer support helpline for Muslim and non-Muslim youth experiencing personal challenges. Naseeha's services are open to all regardless of age, race, ethnicity, sexual orientation, gender identity, family makeup, social status, income, ability, physical and mental health, and religion.

[PCHS - Punjabi Community Health Services](#) offers mental health and addictions, geriatric, settlement, child, youth and family services.

[Pflag York Region](#) (Anonymous Support Line: 1-866-977-3524) is York Region's LGBTQ2 support, resource and education network – bringing together all members of the community.

[Sikh Family Helpline](#) (1-800-551-9128) is a non-emergency helpline providing support and connecting individuals to service providers in English and Punjabi

[SOCH Mental Health](#) aims to empower South Asian community members to recognize and accept mental health as an essential part of their wellness through education, prevention, and building resilience.

[TAIBU Community Health Centre](#) provides intersectional, equity-based and culturally affirming practices for YRDSB students who self-identify as Black, including Individual Therapeutic Counselling with a referral via a school Social Worker or Psychology Services Professional

[York Rainbow Support](#) (1-888-967-5542) provides Individual, Couple and Family counselling services for Lesbian, Gay, Bisexual, Transgender, Two Spirit, Queer & Questioning individuals.

General Supports for Emotional Well-Being (Alphabetized):

[310-COPE](#) provides crisis counselling for all. Professional counsellors are available 24 hours a day, 7 days a week.

[Kids Help Phone](#) provides support for children and youth. Professional counsellors are available 24 hours a day, 7 days a week.

[MOBYSS](#) (The Mobile Youth Walk-In Clinic) offers a safe space to talk to a medical or mental health professional in a warm, welcoming, and friendly environment. Services are 100% free and confidential with staff who are caring and non-judgemental. A health card is not required and there are no referral requirements.

[Victim Services of York Region](#) provides crisis counselling and referrals for longer-term support. Advice and support for families and educators on best practices for providing support can be found here.

