

UNITY

*A Resource Guide
and creative
expression on
Mental Health
& Race by
Helping Hands
and youth artist*



Supporting students to develop
their skills through Volunteering,
Entrepreneurship and Early
Career Exploration

2022

Verison 1.0





PURPOSE

The purpose of this guidebook is to supply you with resources that will help you learn more about Anti-Black Racism and mental health supports. We hope that these resources will empower you to take care of yourselves. The current political and social climate can be very difficult to cope with, and can take a toll on your mental, physical, and emotional wellbeing. We want to provide an all-in-one resource that addresses the different needs that you may be seeking in response to recent global events.



WHO IS HELPING HANDS?



Helping Hands is a grassroots, youth-led organization. We foster youth engagement, and allow students aged 13-29 to find suitable volunteer and employment opportunities that showcase their talents and interests. Our organization serves as a platform to match students with volunteer placements in organizations of their interest; our focus is on developing the skills the students would like to attain.

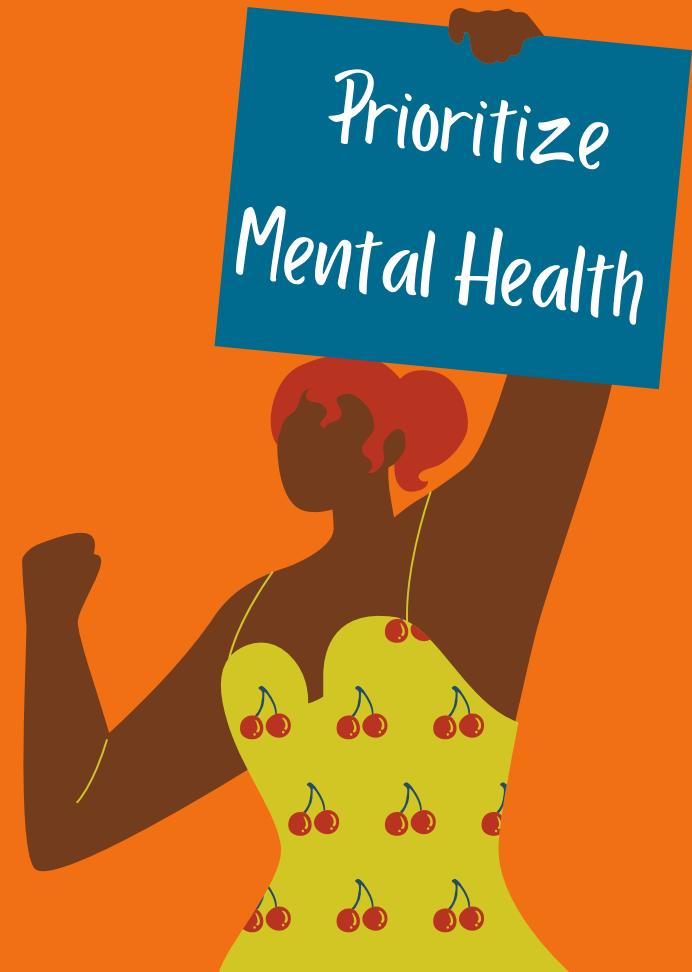




Table of Contents

Section 1: Educational Resources	6
Defining important terms	9
Importance of language	12
Information for Youth	14
Information Parent	16
<hr/>	
Section 2: Allyship	19
<hr/>	
Section 3: Resources for Black Youth	31
Counseling	34
Self-care tools	42
Education	44
<hr/>	
Section 4: Mental Wellness	45
Helplines	48
Counseling	51
Anxiety/ Panic	58
Support groups	60
Apps	67



Table of Contents

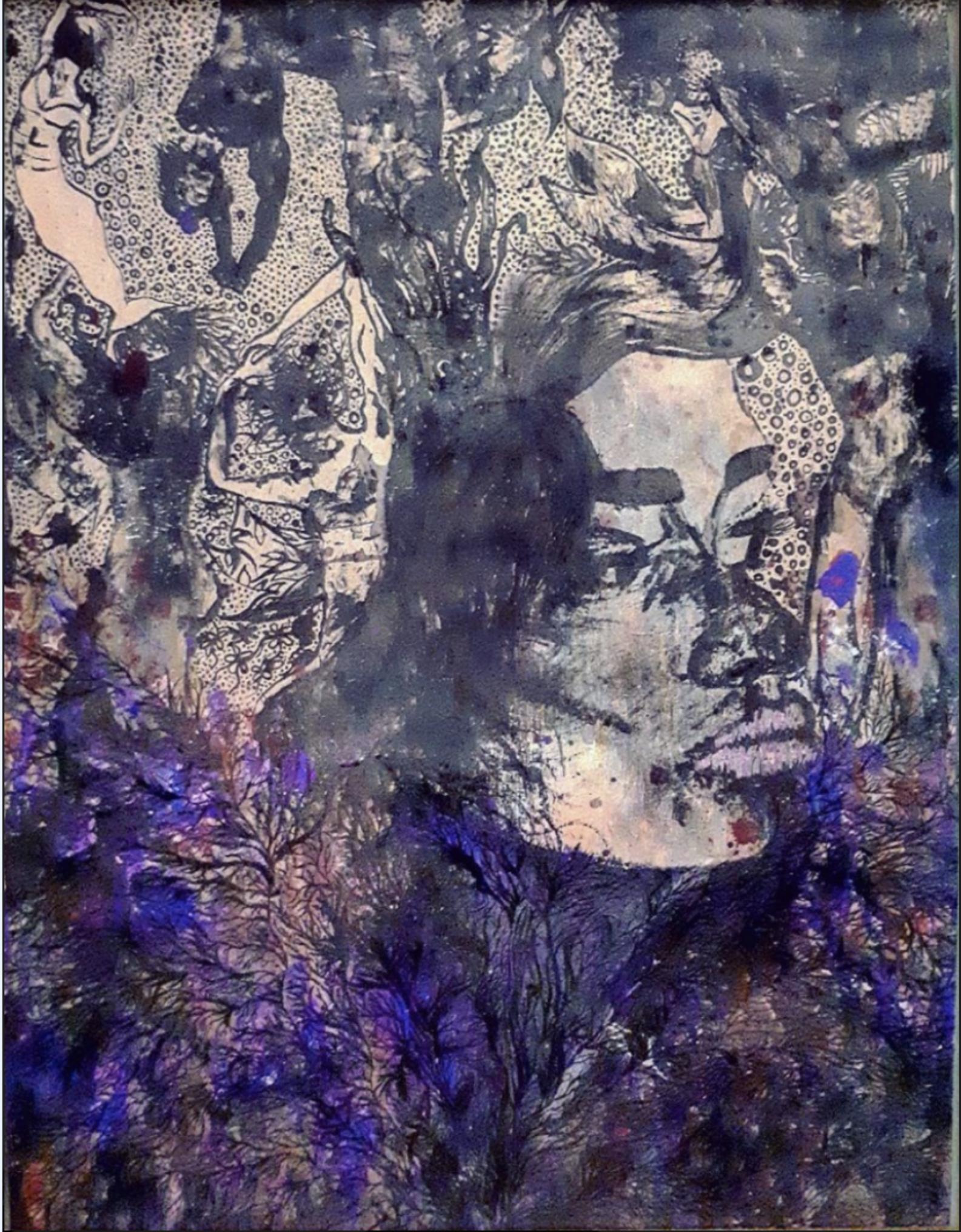
Section 5: Self Care and Stress	70
Practical	73
Emotional	75
Stretch It Out	80
Physical	82
Mental	84
<hr/>	
Section 6: Professional Development	86
Volunteering	89
Entrepreneurship	90
Youth Employment	91
Workshops & Trainings	94
<hr/>	
Section 7: Financial Services	96
Food	99
Transportation	100
Bursaries	101
Grants and Funding	103
Post Secondary & Bursaries	104
<hr/>	
Credits	109



1. EDUCATIONAL RESOURCES

RESOURCES FOR THOSE WHO ARE LOOKING TO
LEARN MORE ABOUT ANTI-RACISM, ALLYSHIP AND
MENTAL HEALTH

#BlackLivesMatter





Art Description

Artist Name: Maneesa Veeravel

Social Media:

website: www.maneesaveeravel.com

email: maneesa.veera@gmail.com

instagram: @maneesa.v

p: @maneesav

Description:

This is a self-portrait made using acrylic and Chinese ink that was gifted to me. It depicts my face in the centre, with roots instead of a neck attached. Without having a plan, I somehow surrounded the face in the middle with 8 variations of myself. The illustration of 9 differing forms of myself became a powerful reminder of my numerology and (mis)alignment. This piece was drawn on found cardboard using an incense stick and helped me cope through a difficult time.



Defining Important Terms

1

MENTAL HEALTH

Mental health: What is it, really? by Canadian Mental Health Association

<https://cmha.ca/mental-health-what-is-it-really/>

2

MENTAL HEALTH VS MENTAL WELLNESS

Industry Research - Defining “Mental Wellness” vs. “Mental Health” by Global Wellness Institute

<https://globalwellnessinstitute.org/global-wellness-institute-blog/2021/02/23/industry-research-defining-mental-wellness-vs-mental-health/>





Defining Important Terms

3

MENTAL DISORDERS

Mental Disorders by Medline Plus

<https://medlineplus.gov/mentaldisorders.html>

4

SELF-CARE

What do we mean by self-care? by the World Health Organization:

<https://www.who.int/reproductivehealth/self-care-interventions/definitions/en/>



Defining Important Terms



5

RACISM

Understanding racism and how to spot it from
reachout.com:

<https://au.reachout.com/articles/what-is-racism-and-how-to-spot-it> |

6

ANTI-BLACK RACISM

Anti-Black Racism by Black Health Alliance:

<https://blackhealthalliance.ca/home/antiblack-racism/>



Importance of Language



1

WORDS MATTER: A Guide to Stigma-Reducing Language

Overcoming Stigma Through Language: A Primer
by Canadian Centre on Substance Use and Addiction

<https://www.ccsa.ca/sites/default/files/2019-09/CCSA-Language-and-Stigma-in-Substance-Use-Addiction-Guide-2019-en.pdf>

2

WORDS MATTER - Terms To Use and Avoid When Talking About Addiction by National Institute on Drug Abuse

<https://nida.nih.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction>



Journal Page



Write 5 goals for the week they can be any size and try to complete each one. Examples could be reading a chapter of a book, doing some homework, or doing a self care activity at least once. If you struggle or are not able to complete them all it is okay, do your best and be proud of that.





Information for Children and Youth

1

OVERVIEW OF CHILD & YOUTH MENTAL HEALTH

Youth.gov: Mental Health

<https://youth.gov/youth-topics/youth-mental-health/risk-and-protective-factors-youth>

2

WORRIED ABOUT YOUR MENTAL HEALTH?

Rethink Mental Illness

<https://www.rethink.org/advice-and-information/about-mental-illness/learn-more-about-symptoms/worried-about-your-mental-health/>





Information for Children and Youth

3

HOW TO APPROACH A PARENT OR GUARDIAN

Talking to Your Parents About Getting Help by Child Mind Institute

<https://childmind.org/article/how-to-talk-to-your-parents-about-getting-help-if-you-think-you-need-it/>

4

STEPS TO TAKE IN A CRISIS

Coping With Mental Health Crisis and Emergencies by Here to Help

<https://www.heretohelp.bc.ca/infosheet/coping-with-mental-health-crises-and-emergencies>



Information for Parents



1

OVERVIEW OF CHILD & YOUTH MENTAL HEALTH

Your child's Mental Health by: Caring for Kids

https://caringforkids.cps.ca/handouts/mentalhealth/mental_health

2

SIGNS YOUR CHILD MAY NEED SUPPORT

Child and Youth Mental Health: Signs and Symptoms by: CMHA

<https://ontario.cmha.ca/documents/child-and-youth-mental-health-signs-and-symptoms/>



Information for Parents



3

HOW TO APPROACH A CHILD

Talking to Your child about Mental Health by School Mental Health Ontario

<https://smho-smso.ca/parents-and-families/take-action/how-to-talk-with-your-child-when-you-feel-concerned-they-may-be-struggling-with-a-mental-health-problem/>

4

STEPS TO TAKE IN A CRISIS

How to Support someone through a mental health crisis by: Healthline

<https://www.healthline.com/health/mental-health/supporting-someone-in-a-mental-health-crisis#have-a-plan>



Information for Parents



5

HELP FOR YOU

Parenting Survival Guide by Ann Douglas

<https://www.family.cmho.org/parenting-survival-guide/>

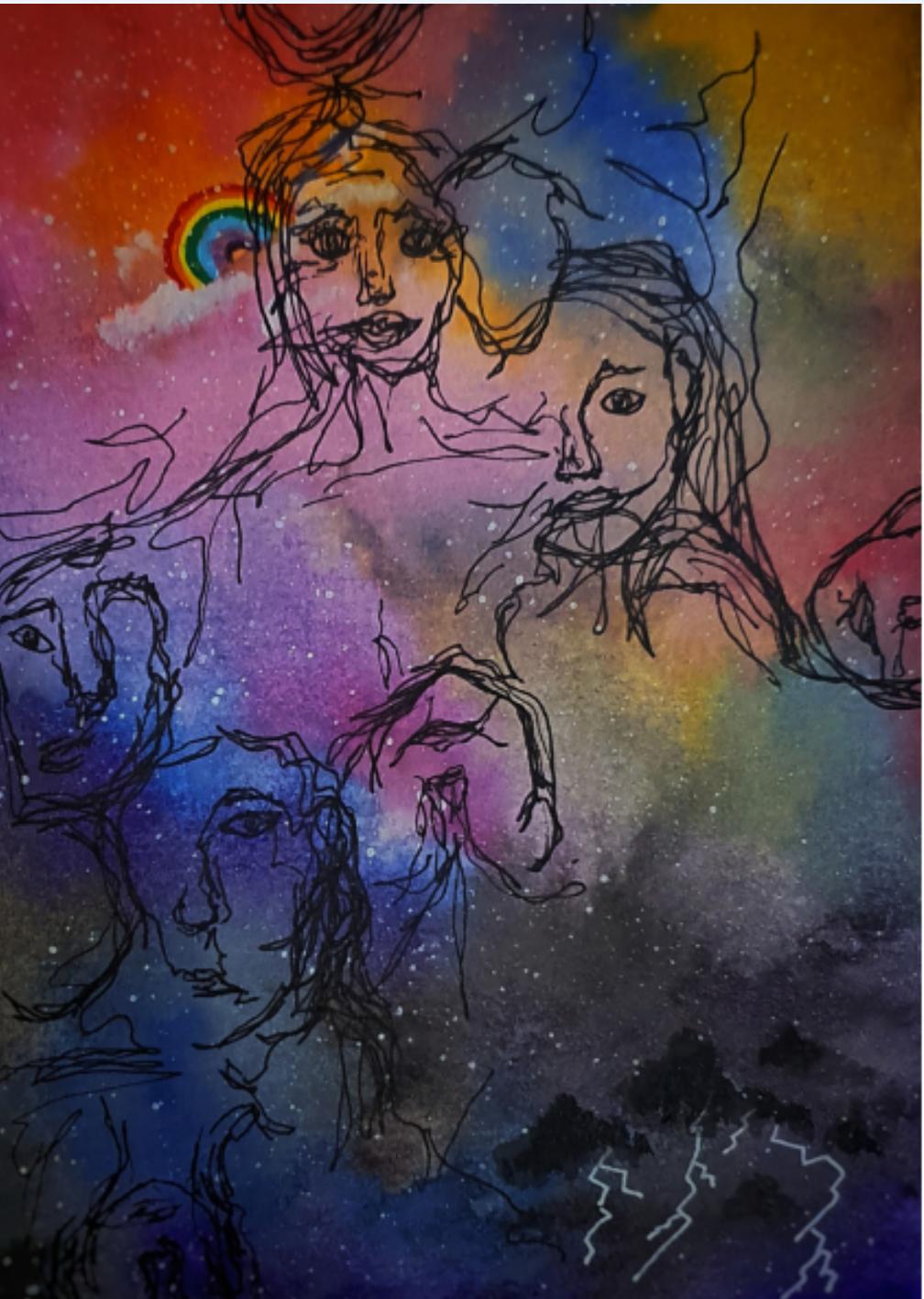




2. ALLYSHIP RESOURCES

RESOURCES FOR THOSE WHO ARE LOOKING
FOR INFORMATION ABOUT
ALLYSHIP AND ANTI-BLACK RACISM

#BlackLivesMatter



Evolution

The sky reflects the colors we see.
It shows us how we feel.
No matter our culture, race, sexuality, and class.
It shows us we do not need to have a mask
We are all under the same blue terrain,
When we look up,
We see the light shine and we want to try again.
Just like the colors fade into each other, in the
sky,
Our experiences together, they unify

Somedays we feel like the sun,
Somedays we feel like the rain.
In the end, we become nothing but a memory.
A distant star,
A reminder of those left behind

Evolution of humans,
Evolution of our emotions.
Is synonymous with the evolution of the sky.
It teaches us why,
What we do today reflects our tomorrow.
Time is something we can't borrow.
It is fleeting,
It is leaving,
And we are evolving.

Nishi Praveen Kumar



Art Description

Artist Name: Nishi Praveen Kumar

Social Media:

website: https://www.behance.net/nishipraveen?is_a=1



1

HOW TO BE AN ALLY FOR BLACK LIVES

Author Hanna Al-Malssi discusses anti-Black racism and how non-Black people can be a genuine ally

<https://www.medicalnewstoday.com/articles/how-to-be-an-ally-for-black-lives>

2

TANGIBLE WAYS TO TEACH NON-BLACK KIDS ABOUT SUPPORTING THE BLACK

An instagram account on allyship for youth aging from 8-13 years old





3

NON-BLACK PEOPLE NEED TO SPEAK UP FOR BLACK LIVES

An article by Allyson Smith that shares some of her experiences as a Black woman and offers insight for non-Black people on how to discuss race.

<https://snip.ly/p9uvnk>

4

BLACK LIVES MATTER- RESOURCES FOR ALLYS

A list of multiple resources that includes petitions, organizations to donate to, resources, and educational articles on how to become an ally.

<https://www.seiu-uhw.org/black-lives-matter-resources-for-allies/>





5

GUIDELINES FOR BEING STRONG WHITE ALLIES

Paul Kivel talks about how to become a White ally while following steps; learning basic tactics and what POC want from White allies.

<http://paulkivel.com/wp-content/uploads/2015/07/guidelinesforbeingstrongwhiteallies.pdf>

6

SIX WAYS TO BE A BETTER ALLY

Provides six ways to show support to the Black community as non-Black individuals.

<https://newint.org/features/2018/03/15/be-a-better-ally>





7

GUIDE TO ALLYSHIP

Explores how to become an ally, what allyship means, and why allyship is so important.

<https://guidetoallyship.com/>

8

OPPORTUNITIES FOR WHITE PEOPLE IN THE FIGHT FOR RACIAL JUSTICE

Differentiates between actor, ally, and accomplice with other resources to look into.

<https://snip.ly/a54sso#https://www.whiteaccomplices.org/your-self-education>



Journal Page



Create a daily affirmation for yourself





9

RESOURCES THAT WILL HELP YOU BECOME A BETTER WHITE ALLY

Resources for White people about the importance of allyship

<https://www.self.com/story/white-ally-resources>

10

GUIDE TO ALLYSHIP

Explores how to become an ally, what allyship means, and why allyship is so important.

<https://guidetoallyship.com/>





11

SO YOU WANT TO BE AN ALLY TO BLACK PEOPLE? LET'S TALK ABOUT IT!

Explains what allyship means and how people can be a part of it while giving back to the Black community.

<https://snip.ly/l12yx4#https://heydipyourtoesin.com/be-an-ally-to-black-people/>

12

BLACK LIVES MATTER: A BOOKLIST

Great reads related to the Black Lives Matter movement and fighting racism.

<https://account.torontopubliclibrary.ca/shared/black-lives-matter-a-booklist/7a30VmdcoaVzXnHz5QRMyCEAsh7MfWLhaF08xO8JLFLNB1xuE>





13

ANTI-RACISM FOR KIDS 101

An articles that suggests books and advice for how to talk to your kids about racism

<https://snip.ly/lyftp0#https://booksforlittles.com/racial-diversity/?fbclid=IwAR3AbM385qtPDG8jNkqWKp11VRmKrQoOujdqtMWx4bjjKHG8ul72hnmrqxg>

14

ANTI-RACIST ALLIES: HERE'S HOW TO RESPOND TO MICROAGGRESSION

Discusses what microaggressions are and how to respond to them as an ally

<https://www.cnn.com/2020/06/05/health/racial-microaggressions-examples-responses-wellness/index.html>





15

HOW TO TALK TO YOUR KIDS ABOUT RACE, RACISM AND POLICE VIOLENCE

Several interviews from various people about discussing race, racism, and police violence with your kids.

<https://www.wbur.org/onpoint/2020/06/02/teach-talk-children-racism-violence-protests-race>

16

ZERO GUN VIOLENCE MOVEMENT

Provides youth and community leaders with the skills to mobilize and create safe and healthy communities.

zerogunviolence-movement.com





3. RESOURCES FOR BLACK YOUTH

RESOURCES FOR BLACK YOUTH; INCLUDES
MENTAL HEALTH AND COMMUNITY-BASED
RESOURCES

#BlackLivesMatter



My Health and My Hair

Made By: Naylissah Aritstide



Art Description

Artist Name: Naylissah Aristide

Social Media

Digital Portfolio:

https://www.canva.com/design/DAE1k6s5xAI/qv5-_2uQ2X4AuCBkpCmM5w/view?utm_content=DAE1k6s5xAI&utm_campaign=designshare&utm_medium=link&utm_source=sharebutton

Description:

I used to struggle with the relationship between me and my hair when I was younger. In some cases it was hard to fit in especially being in an all-white school with hair they considered unusual, unprofessional and unruly.

Sometimes the fear of not being hired at a job because of my hair, or being fired for wearing out my natural hair, consumes me, makes it hard for me to take care of myself mentally.

But what happens without fail. Each time I toss my fingers through these rough curls. A sense of security and pride fills my heart, knowing that no one is gonna affect my mental health just because they don't like the way I look.

Counseling



1

BIPOC SUPPORT GROUP

Sheena's Place BIPOC Support Group is designed to hold space for those who want to discuss how racism and shadeism impact our relationships with their bodies. Their aim to foster a supportive environment where people can feel safe navigating the intersection between identity and their eating disorder experience.

<https://sheenaspplace.org/> | info@sheenaspplace.org

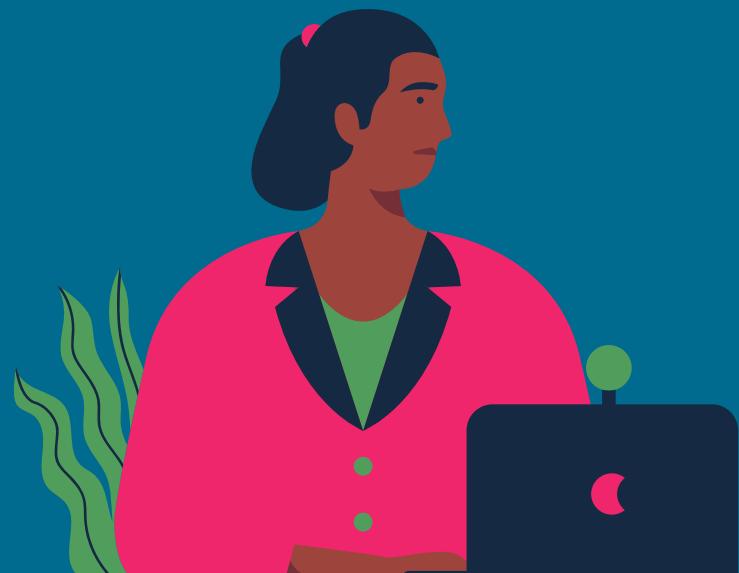
2

BLACK QUEER YOUTH -DROP IN

A weekly drop-in group, on Wednesdays from 6:30 - 8:30 pm, to celebrate Black queer and trans spectrum people's experiences and accomplishments.

[416-285-9944](tel:416-285-9944) | info@blackyouth.ca

<https://soytoronto.com/>





Counseling

3

CARIBBEAN AFRICAN CANADIAN SOCIAL SERVICES (CAFCAN) MENTAL HEALTH COUNSELLING

A range of culturally safe clinical, prevention, education and intervention mental health services designed to meet the cultural needs of Black children, youth, adults, and families.

www.CAFCAN.org | info@CAFCAN.org | 416-740-1056

4

BLACK YOUTH HELPLINE

Supports youth, parents, families and schools. They focuses on stay-in-school, access to professional mental health supports, and community development

[416-285-9944](tel:416-285-9944) | info@blackyouth.ca
<https://blackyouth.ca/>





Counseling

5

RESOURCES FOR BLACK HEALING BY MICALAH WEBSTER, MSW/MHSA

A list of Mental Health Resources, Helplines, and allyship resources for non-Black people to provide peace and healing to the Black community during this time.

<https://snip.ly/6gboc5>

6

ENHANCED YOUTH OUTREACH WORKER PROGRAM

Provides counselling for Afro-Caribbean youth ages 12-21

613-567-0600 | admin@jakukonbit.com

<https://www.jakukonbit.com/enhanced-youth-outreach-worker-program/>





Counseling

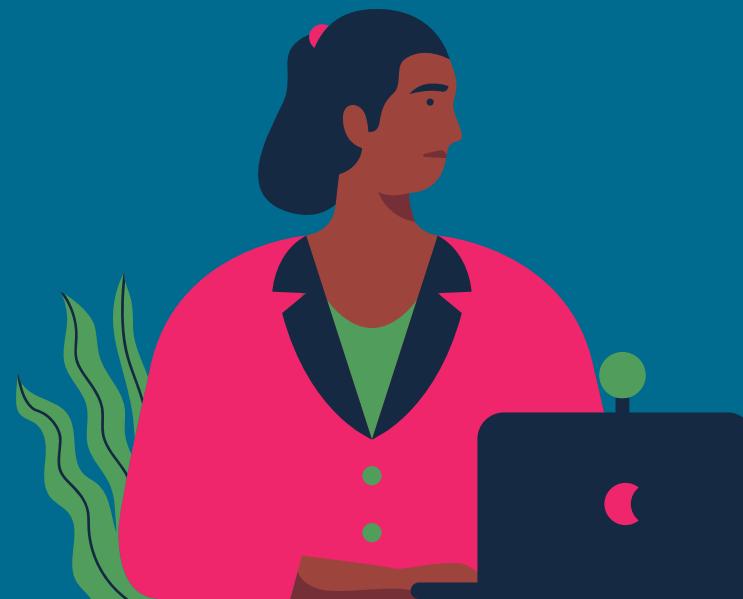
7

SUBSTANCE ABUSE PROGRAM FOR AFRICAN CANADIAN AND CARIBBEAN YOUTH (SAPACCY)

Provides support and counselling to African and Caribbean Canadian youth who are dealing with substance use and mental health concerns. Self-referral accepted through Access CAMH

416-535-8501 press 2

<https://www.camh.ca/en/your-care/programs-and-services/substance-use-program-for-african-canadian-caribbean-youth>





Journal Page

Who or what inspires you?



My People

A poem created by Sydney Abrokwah

My people have been through a lot

From being thrown off ships to lower the load,

To picking cotton row by row

Can't trace back,

The Motherland, the Unknown

Where am I from?

I'll never know

My skin compared to food,

Things you eat

My tongue erased

What language do I speak?

My culture gone,

I have a brand new face

Except it's the one you're scared of,

Where do I belong?

My name is not me,

I try to find my family

I wonder if they're waiting

Or have they forgotten?

Not worrying about the nieces or nephews they never got to meet

I want to see my people

What else have they gone through?

They had chains dangling from their necks and wrists,

Held prisoner by the Governor

Knowing that they were going to be sold to the New Land

Waiting for freedom to come knocking at the door

Hoping that it's something their descendants can see

Because they never got the chance

Sadly, we're still not free

Instead, face-down, knees on our necks

Saying: **I can't breathe**

My people have been through a lot

That's my history



Art Description

Artist Name: Sydney Abrokwah

Description:

This poem represents the thoughts of a black girl during the beginning of the pandemic, where police brutality was occurring so often (meaning that more incidents were reported). I was sitting at home and, every so often, you would see another black person killed by the police. I was also witnessing casual racism and diaspora wars during this time. It was getting tiring, so I took to writing as an outlet, and thus, "My People" was created.

Self-Care



1

COMMUNITY SPEAKS WORKSHOPS

A community-based holistic wellness initiative exclusively by and for Black women in Toronto. LGBTQ+ and trans-inclusive. They provide yoga and meditation classes and mental health workshops

<https://mayflower-cone.squarespace.com/communityspeaks>

2

COMMUNITY BREATHES YOGA

The Most Nurtured created the Community Breathes Yoga series, instructed by and exclusively for Black women

<https://mayflower-cone.squarespace.com/communitybreathes>



Self-Care



3

PROTECT YOUR ENERGY

Canned responses to help when you have to respond to messages that zap your energy about Anti-Black Racism

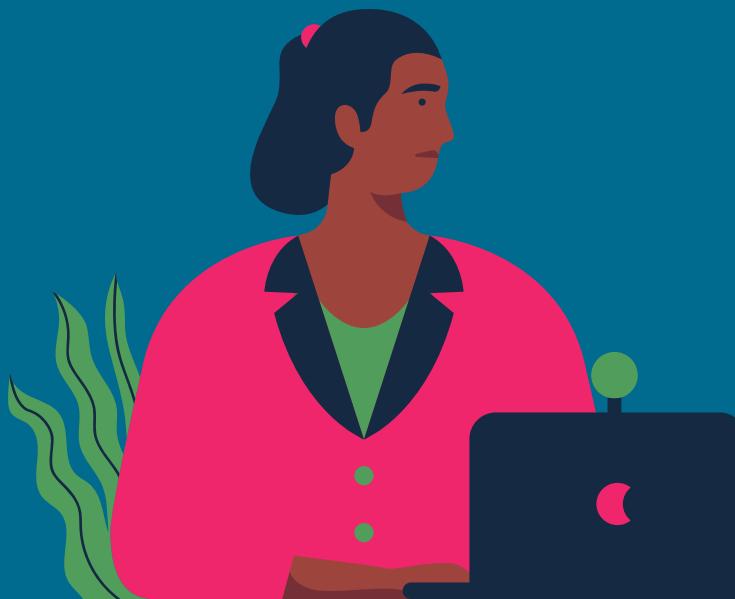
<https://hashtagprotectyourenergy.weebly.com/ks>

4

REVOLUTIONARY HUMANS

Provides a number of projects to get involved in, to promote social equity through art, allyship and action

<https://revolutionaryhumans.com/>





Educational

1

ROOTS COMMUNITY SERVICES: DEVELOPING BLACK LEADERS OF TOMORROW

Entrepreneurial mentoring program for Black youth who aspire to own a business

rootscs.org/blt | (905) 455-6789

2

BOOKS FOR LITTLES

A growing community of educators developing social-justice-oriented practices focusing on resilience & mental health of Black children

Booksforlittles.com



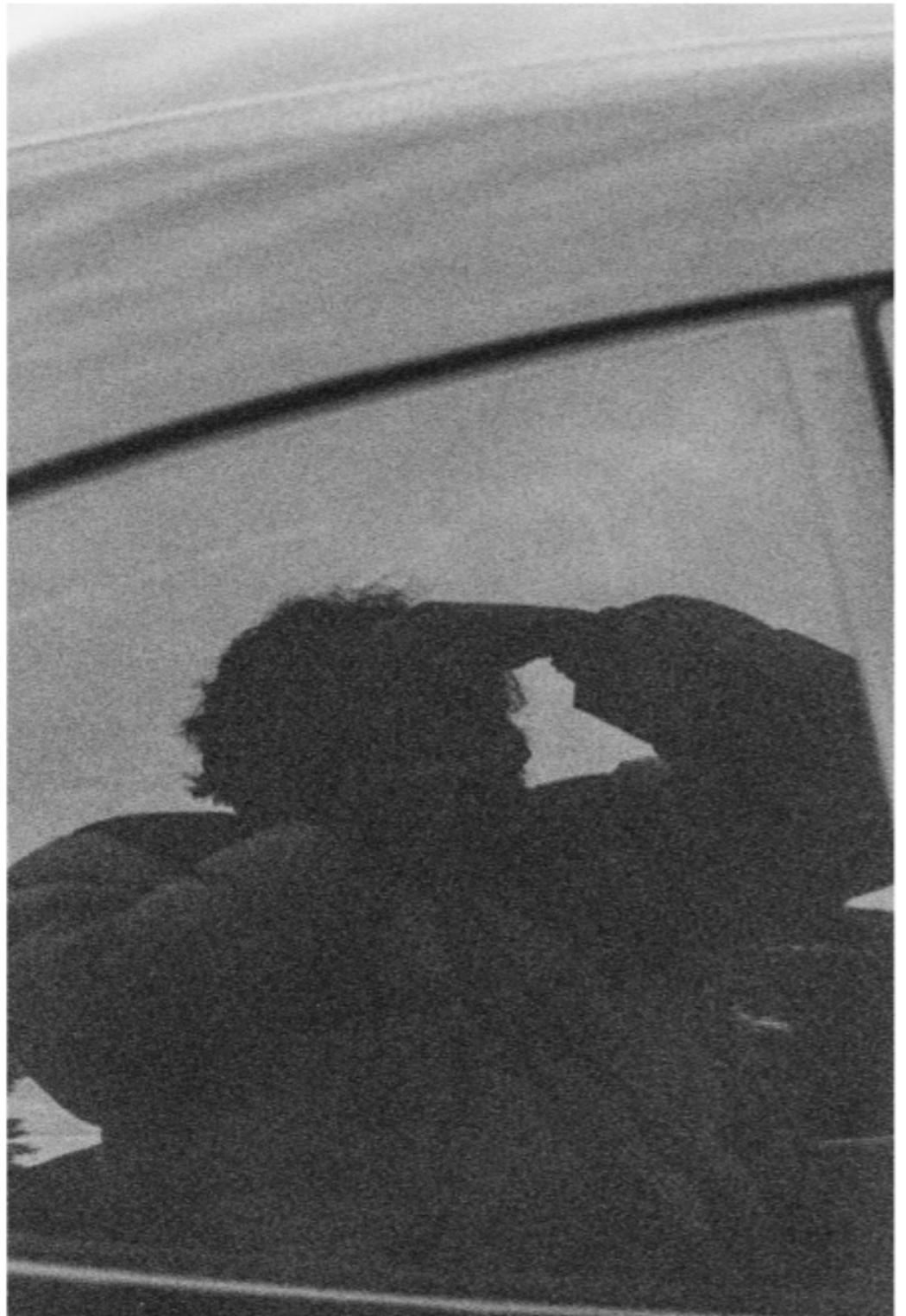


4. MENTAL HEALTH RESOURCES

RESOURCES FOR THOSE WHO ARE LOOKING
FOR WORKSHOPS, APPS, TOOLS, AND TIPS
THAT WILL HELP THEIR MENTAL HEALTH

#BlackLivesMatter

A handprint inside
concrete.
The reality of existing
within something else.
Push.
Pull.
Hard to meet In the
middle.
Hard to find a reason to.
Is that okay?





Art Description

Artist Name: Ruben Chavez-Munoz

Social Media:

Instagram: @whothehellsbaby

Website: <https://ruben-chavez-munoz.format.com/>

Description:

These works come from two photo books I made over the course of last year. Both of which focused on the diasporic feelings I carry as the first generation of my family to be born in Canada. The photographic components came from walks I would take to alleviate anxiety and stress. I'd take notes and photograph what I saw around me and what moved me. The poetry was a way to analyze these images and try to fully understand what it is that I felt while taking them. Together they serve as a window into my thoughts on being Canadian



Helpline/Distress Resources

1

KIDS HELP PHONE

A hotline that provides 24/7 counselling support for youth across Canada

1-800-668-6868 TEXT: CONNECT 686868

2

LGBT YOUTHLINE

HelpLine volunteers are trained peer supporters aged 16-29, coming from a diversity of 2SLGBTQ+ identities and lived experiences. We serve all of Ontario. Volunteers are peers who can relate, and trained in active listening and relevant knowledge such as anti-oppression, anti-racism, sex and consent, STIs, HIV, self-care, and more.

Call: 1800-268-9688 Text: 647-694-4257

<https://www.youthline.ca/>



Helpline/Distress Resources

3

WARM LINE - PROGRESS PLACE

A confidential & anonymous service for adults (18+) living in the GTA and Peel Region in need of a friend with an empathetic ear

<http://www.warmline.ca/> | 647-557-5882

theclub@progressplace.org

4

NASEEHA YOUTH HELPLINE

Immediate, anonymous, and confidential support for youth over the phone from 12 - 9 pm, 7 days a week

<https://naseeha.org>
1 (866) 627-3342 (NASEEHA)





Helpline/Distress Resources

5

24/7 CRISIS RESPONSE (EVERYMIND)

EveryMind's 24/7 Crisis Response Service you will connect to a crisis worker who will talk to you about what you're going through and help you make a plan and connect you to ongoing support. This service is available 24 hours a day, 7 days a week, 365 days a year, including holidays.

Call: 905-278-9036 | info@everymind.ca
<https://everymind.ca>

6

DISTRESS CENTRES OF GREATER TORONTO

Located at 31 Adelaide St E, Toronto, ON M5G 1B1, Distress Centres provides 24-hour support, 7 days a week, 365 days a year to individuals in the community at risk. Crisis and emotional distress services are available via hotline, online chat, and text. They also offer face-to-face individual as well as group support and counselling

<https://www.dcogt.com/>



Counseling

1

STELLA'S PLACE

Provides mental health supports for 16 to 29 year olds

416-461-2345 | connect@stellasplace.ca
https://stellasplace.ca/

2

YOUTH LINK

Provides free counselling services for youth up to age 24 and their families across Toronto

416-967-1773 | ext. 222 | https://youthlink.ca/





Counseling

3

TANGERINE COUNSELLING

Provides free counselling for children, youth and families who live in the Peel Region

905-795-3530|
<http://snip.ly/iwh6wc>#http://tangerinewalkin.com/what-to-expect

4

SKYLARK YOUTH

Free individual and family counselling and support for children, youth, and their families who live in Toronto

info@skylarkyouth.org | 416-482-0081 Press 6
www.skylarkyouth.org/





Counseling

5

WELLNESS EMOTIONAL SUPPORT FOR ONLINE (WES)

Provides Ontario youth ages 13 to 24 with free, ongoing online counselling service, giving youth an opportunity to develop a long lasting relationship with their counselor

<https://wesforyouthonline.ca/>

6

BETTER HELP

BetterHelp is a professional therapy platform available worldwide, any time, anywhere, through a computer, tablet or smartphone.

<https://wesforyouthonline.ca/>





Counseling

7

MINDBEACON: GUIDED PROGRAMS

MindBeacon's Therapist Guided Program is based in Cognitive Behavioural Therapy (CBT). It's a skills-building approach to therapy, helping you develop resilience and coping skills to better manage your mental health concerns. It consists of readings, exercises and activities that will help you learn and practice those new skills. If you prefer to work on your own time, wherever and whenever it's convenient, the Therapist Guided Program might be right for you. Your therapist will be available to you via direct messages, but you'll have no set appointments to keep.

<https://www.mindbeacon.com/en/tgp-learnmore>
help@mindbeacon.com





Counseling

8

MINDBEACON: LIVE THERAPY

MindBeacon's Live Therapy Sessions are designed for adults (age 18+), and can help with many mental health concerns. You can make the schedule work for you and connect by video or phone.

<https://www.mindbeacon.com/en/live-learnmore>
help@mindbeacon.com

9

ENHANCED YOUTH OUTREACH

A clinical intervention program for youth 12 to 21 experiencing challenges related to mental health, addictions, trauma, relationship violence, or human/sex trafficking.

[905-455-6758 ext 108](tel:905-455-6758 ext 108)





Made by: Naheen Ahmed



Art Description

Artist Name: Naheen Ahmed

Social Media

Instagram: @Self_Saboteur6

Description:

"An acrylic painting of "Dokho", the word for grief in Bengali. Inspired by Buddhist Rime Thangka painting technique, the work showcases the tidal wave of depth and reflection when experiencing intimate loss."



Anxiety and panic attacks

What is the Difference:

An anxiety attack occurs when worry and stress build-up, causing the feeling of anxiety. Generally, the anxiety builds up over time leading into the attack and will take time after the attack to absolve which can take a while. With an anxiety attack you can typically determine what caused it, connecting it to a specific trigger.

A Panic Attack is a feeling of intense fear and dread. It typically occurs suddenly and can be harder to determine the exact cause due to how quickly it comes on. With a panic attack it may feel like the world around you is not quite right, as if you are wearing distorting glasses. Panic attacks tend to be shorter, typically lasting up to 10 minutes and are common to feel exhausted, overwhelmed, uncomfortable or in pain after.

Symptoms/ warning signs:

- Tightness or pain in the chest
- Increased heart rate
- Shortness of breath
- Muscle pain or tightness
- Disassociating





Anxiety and Panic attacks Cont.

Tips and Tricks

The 5 sense technique: 5 things you can see, 4 things you can hear 3 things you can touch, 2 things you can smell, 1 thing you can taste

Controlled Breathing: Take a deep breath in (ex. 4 seconds) hold it (ex. 7 seconds) and slowly breathe out (ex. 8 seconds)

Helping someone else:

If they know what helps them follow that, if they are uncertain or cannot communicate it try to guide them through a method. An example of this could be to model the breathing or count out the seconds while providing other comfort. Remember if you are trying to help someone through a panic attack to follow their needs and boundaries. Some people may need space while others may prefer more support.

References:

- Ankrom, S., & Gans, S. (2021, December 2). Anxiety Attacks vs. Panic Attacks. Verywell Mind. <https://www.verywellmind.com/anxiety-attacks-versus-panic-attacks-2584396>
- Better Help, & Boring-Bray W. (2018, September 24). What Is The Difference Between Anxiety Attack Vs. Panic Attack? | BetterHelp. Betterhelp.com; BetterHelp. https://www.betterhelp.com/advice/anxiety/what-is-the-difference-between-anxiety-attack-vs-panic-attack/?utm_source=AdWords&utm_medium=Search_PPC_c&utm_term=_&utm_content=107920132930&network=g&placement=&target=&matchtype=&utm_campaign=11558188695&ad_type=text&adposition=&gclid=Cj0KCQiA-qGNBhD3ARlsAO_o7yIOIPI8rJ-3skGNoW4EQfdxGQdSyRWBU6xq2GKA-6bm3yp7GDxOhoYaAnpCEALw_wcB



Support Programs

1

WhereToStart.ca

Helps children and youth find mental health services that best fit their needs

905-451-4655 | info@wheretostart.ca

<https://wheretostart.ca/>

2

WARDEN WOODS: ALL IN ONE

Has an All in One Social Support COVID-19 line. Monday-Friday from 10 AM- 2:30 PM

647-327-0206 <https://wardenwoods.com/en/>





Support Programs

3

BOUNCEBACK (CMHA)

A free, guided self-help program for people aged 15 and up who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry. Participants receive telephone coaching, skill-building workbooks and online videos to help them overcome these symptoms and gain new skills to regain positive mental health. Typically, participants take three to six months to complete the program.

bb-referral@cmha-yr.on.ca

<https://bouncebackontario.ca/>





Support Programs

4

MIND YOUR MIND

Mindyourmind is an organization that works with youth aged 14-29. Working with young people to co-create interactive tools and innovative resources to build capacity and resilience. They have a lot of great resources such as the zen garden and super informative readings

<https://mindyourmind.ca/> info@mindyourmind.ca

5

JACK.ORG

Mental health and suicide prevention resource active across all of Canada, they hold talks and summits

<https://jack.org/About/Jack-org-101>
hello@jack.org





Support Programs

6

THE FORGIVENESS PROJECT

Forgiveness Friday Meditation and Mindfulness Sessions: Provides live meditations and chats on emotional wellbeing, mental health, forgiveness, and healing every Friday at 5 PM

<https://thefyouproject.com/>

7

Youth Mental Health Canada

A grassroots, youth-driven and led non-profit organization focused on education and advocacy for youth mental health change.

<https://ymhc.ngo/>
1-647-952-YMHC (9642)





Support Programs

8

Children's Mental Health Ontario (CMHO)

The Family Care Centre is a resource hub for parents and caregivers of children and youth with mental illness. Two Great resources they have include The Mental Health Backpack and The Mental Wellness and the Pandemic resource

<https://www.family.cmho.org/>
pcmhontario@pcmh.ca



BIPOC MENTAL HEALTH TAX **** RECEIPT ****

MICROAGGRESSIONS*****\$900
COLOURBLIND COMMENTS*****\$1000
(FALSE) IMPOSTER SYNDROME****\$2100
CODE-SWITCHING*****\$2500
BEING THE ONLY BIPOC PERSON**\$3000
WORKING X10 HARDER THAN****\$5,500
WHITE PEOPLE

TOTAL*****\$15,000

SHOW PROOF OF PURCHASE IN PHYSICAL FORM.
NO RETURNS, EXCHANGES OR REFUNDS.
ALL SALES FINAL.

Created by Gurneet K.Dhami

FUND\$

Expires
based
on
social
capital

EMOTIONAL
LABOUR
VENTING SESSION
COMMUNITY COLLECTIVE
CULTURALLY-SENSITIVE
COUNSELLING

NO NON-
CENT\$





Art Description

Artist Name: Gurneet Dhami

Social Media:

Instagram/Twitter: @GURNEETKDHAMI

Website: www.gurneetkdhami.com

Description:

BIPOC Mental Health ---Receipt---"

If labor could be made visible, this is what a mental health receipt from the BIPOC community might look like.

The cost to our mental health from questions, comments and reality we face in our daily life adds up!

Access to funds to offset the costs come in the form of social capital, which differs in the amount available to each recipient .

Apps



1

CALM

App for sleep, meditation and relaxation with guided meditations, sleep stories, breathing programs, stretching exercises, and relaxing music

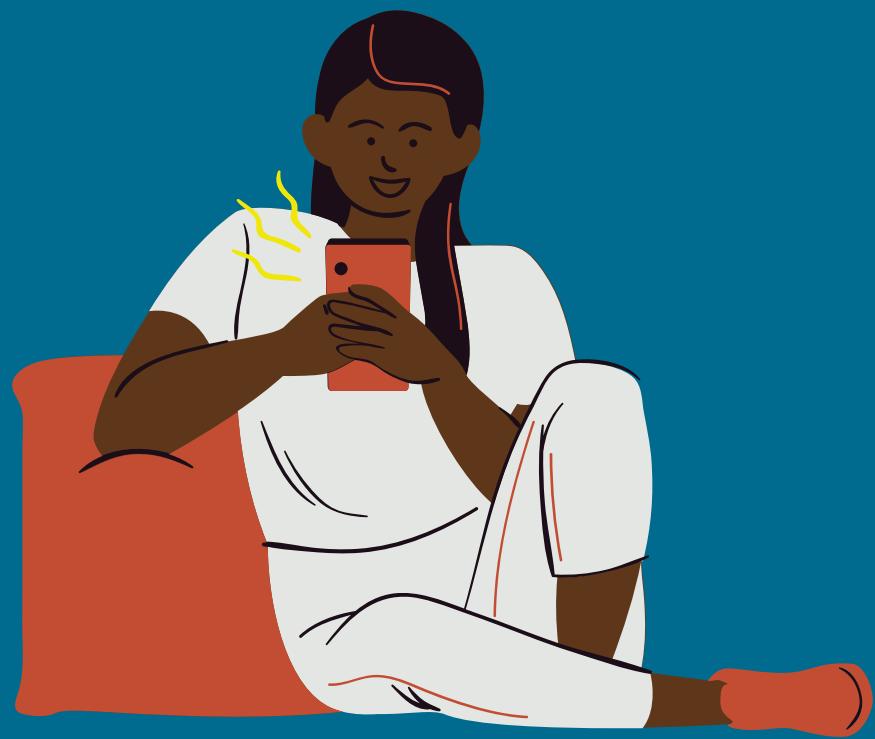
Available on Google Play or Apple App Store

2

HAPPIFY

App that provides games, suggestions and attitude prompts to uplift mood in a mood training program

Available on Google Play or Apple App Store





3

WHAT'S UP

A cognitive behavioral therapy (CBT) app to cope with depression, anxiety, stress and more

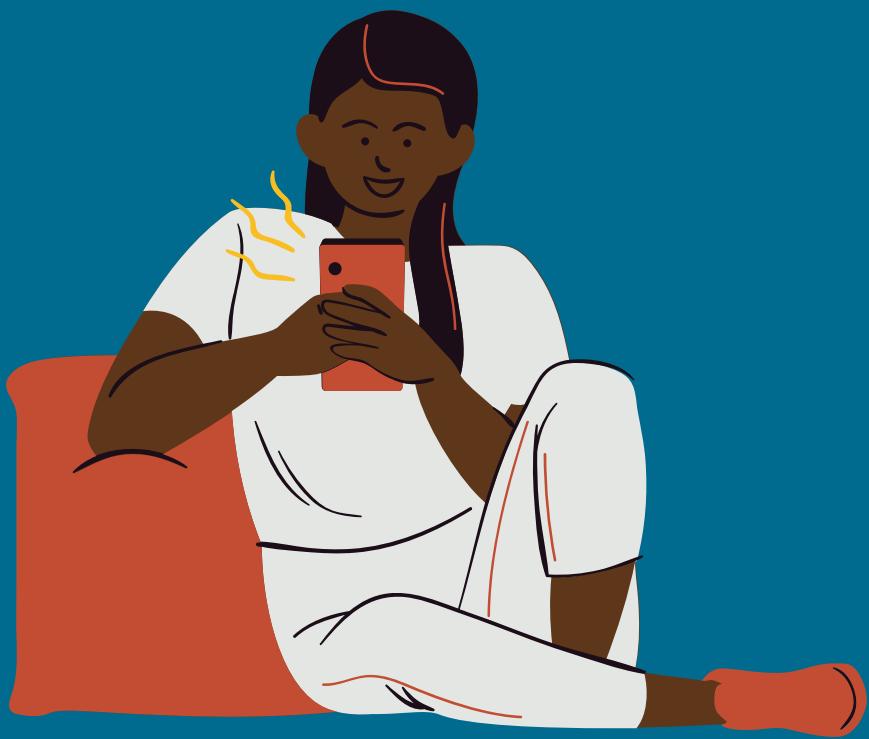
Available on Google Play or Apple App Store

4

LIBERATE

A Meditation app made for BIPOC

Available on Google Play or Apple App Store



Apps



5

MOODTOOLS

An app that provides videos and methods to cope with clinical depression and suicide prevention using CBT

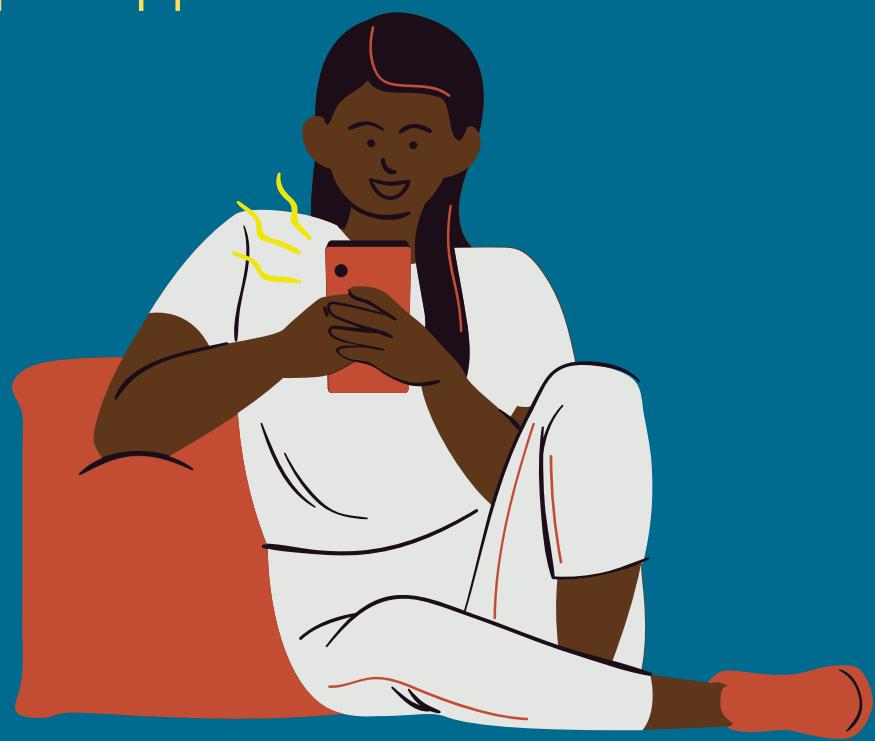
Available on Google Play or Apple App Store

6

MINDSHIFT CBT

An app that helps teens cope with anxiety

Available on Google Play or Apple App Store





5. SELF CARE & STRESS MANAGEMENT

RESOURCES FOR THOSE WHO ARE LOOKING
FOR WORKSHOPS, APPS, TOOLS, AND TIPS
THAT WILL HELP THEIR MENTAL HEALTH

#BlackLivesMatter





Art Description

Artist Name: Serene Chan

Social Media:

Website: www.sereneillustrations.com

Facebook: @sereneillustrations

Instagram: @sereneillustrations

Twitter: @Serenellustrat

Description:

"This painting depicts my desire to release my grievances like birdseed amidst the crashing waves of life and being tied down by responsibilities. Though my anxiety will always be a part of who I am, as exemplified as butterflies swarming my mental space, I'm soothed knowing that I'm capable of letting it go a little at a time."



Practical Self-Care

1

COLOURING OR JOURNALING

Sit down, unwind and practice some colouring or doodling to relax the mind. Colouring books and stencils offer a great solution when in a rut. You can also take a moment to write about the day or how you are feeling. There are prompts throughout this book if in need.

<https://crockadoodle.com>

2

CLEANING/SELF CARE

Keep it something that is manageable (e.g. a drawer, cabinet, etc.) Focus on taking care of your environment and leave time for bigger tasks.





Practical Self-Care

3

READING OR WATCH A MOVIE/TV

Read a chapter of your favourite book or immerse yourself by enjoying a movie or a tv show,. Invite a loved one or friend if you are in need of some company.

4

HOBBIES

Set some time aside to do something you love or try something new.

<https://www.oberlo.ca/blog/hobby-ideas>





Emotional Self-Care

1

LISTEN TO MUSIC

Make a playlist of your comfort songs or use a streaming platform to curate a personalized playlist.

Spotify: www.moodplaylist.com/mood-playlist-generator-personalised-taste/

Apple: www.appleinsider.com/articles/21/10/22/how-to-use-apple-musics-new-mood-playlists

2

SET BOUNDARIES

Take some time to understand your comfort levels and limits. Understand that boundaries are okay to set with people in your own life and within yourself.





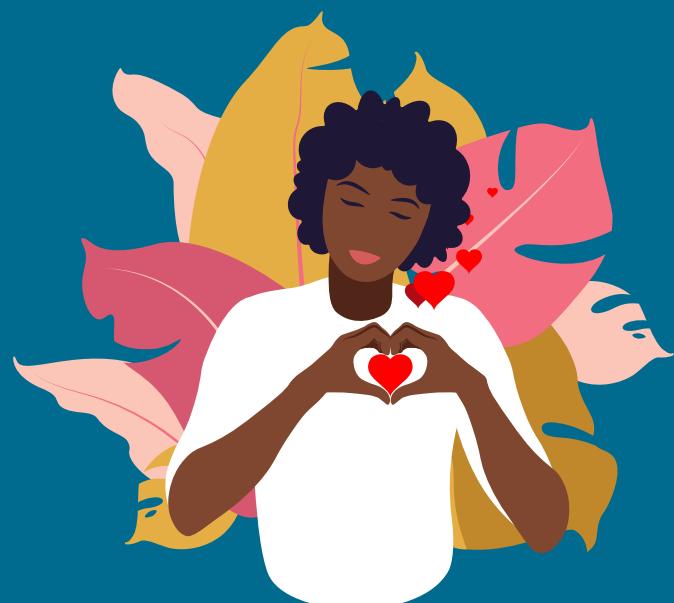
Emotional Self-Care

3

MIND YOUR MIND ELEMENTS WORKBOOK

A workbook developed in partnership with youth full to relax, unwind and feel grounded. It hopes to inspire passion and planning for the future, while prioritizing a connection with nature.

https://mindyourmind.ca/sites/default/files/assets/downloads/Elements-English_0.pdf





I found this mirror on the side of the road - I brought it home with me and fixed it up, adding my own elements to it by pressing in fasteners with my fingertips. The marks temporarily left sensation on my skin, grooves that I'd anxiously trace and trace and trace, until none were left.

There was something that drew me to it - someone else had handcrafted it, and by working on it myself it was an intimate experience: one of repurpose, surprise, and new, continuous meaning.

It's concave, so it distorts the image depending on the angle. I played around with setting it up in order to take pictures of myself. I morphed myself into this one version of me. Then I took a closer look at who that person was, at least for today. She knows a hell of a lot. Sombre. Grateful. She hasn't been feeling the best physically, and her eyes sag a little from strain, or a weary mind, or both. She calls her body her sweet home but then often forgets to shut off the lights in her rooms as she tends to herself and her work and, and— scrubbing her floor boards, deeper than what her soft socks sweep up as she waltzes down her halls with soft padded steps. Softly absorbing the loud.

Intersectionality has been on my mind for a long time. I drift from group to group, gravitating to spaces where I may step into, making my presence known.

Or may I?

.. I belong to all in parts: as a woman, as an individual with lived mental health challenges, as a person who identifies as an Indigenous person and POC. I am all of these and yet some days I feel like none, questioning who I can be and how all of these parts contribute to my experience. I come back to these groups in turn to keep in mind that I give myself permission to be me, this one version of me. I'm in this distorted mirror and I'm stretched thin and blown up and warped. All of these angles and self-perceptions. Who am I?

I am the source. And today, I will feel good about all my spaces that I softly fill.



Art Description

Artist Name: Michaela Tran

Social Media:

@resignedpetulance

Description:

I used this art piece to facilitate a conversation with myself. In my personal journey, I've unearthed so much. With that raw insight came endless, tender inquiries that left me in want. I continually process my trauma, creating meaning in objects, materials, and movement that will instill somatic connection. The words I had left unsaid have a place. They are tactile on their own. My stories can be found in the words themselves, or in the form of a tossed-out, grimy mirror.

Or in anything, really.

I assign the meaning, welcoming you to my experience



Stretch It Out!

THE TABLE TOP

This is done with co-ordination of breath and movement from your bed or the floor to begin to bring some energy into your body and get some deep stretches.

How it's done:

- Lie on your back with your legs stretched out, take this moment to find calmness.
- When inhaling stretch your toes and when exhaling scrunch them.
- Next when inhaling, point your toes away from your body and when exhaling flex your feet.
- Slowly turn your ankles in opposite directions,





Stretch It Out!

THE TABLE TOP

How it's done (cont'd):

- Bring one knee to table top position. When inhaling open the knee and extend leg towards ceiling. When exhaling fold it back to table top. Switch sides after 6-9 times.
- Bring your feet to rest on the ground, hip-width apart. When inhaling drop the knees to the side and when exhaling bring back up.
- Put arms into T-shape dropping the both knees to the same side when exhaling. Hold position when inhaling and return on next inhale. Repeat for as long as you like.





Physical Self-Care

1

SPORTS CLUB

Join a sports club in your neighbourhood or through a local organization (e.g. soccer, hockey, volleyball, dance clubs, etc.)

2

RESTING/SLEEP

Ensure that you are getting enough sleep at night. It is not wrong to take time to rest if you need a break.





Physical Self-Care

3

GET SOME FRESH AIR

Sit outside for a bit and get some fresh air or sunlight. Even if it's as little as open the blinds to let the natural light in or going for a walk.

4

GO TO A RECREATION CENTRE

Enjoy a recreation centre in your neighbourhood by partaking in swimming, skating or any activities they may have to offer. Bring a friend for some fun!

<https://www.toronto.ca/data/parks/prd/facilities/recreationcentres/index.html>





Mental Self-Care

1

BOOK CLUBS

Create a book club with some friends and family or join one through your local library.

Toronto Book Clubs & Writers Groups:

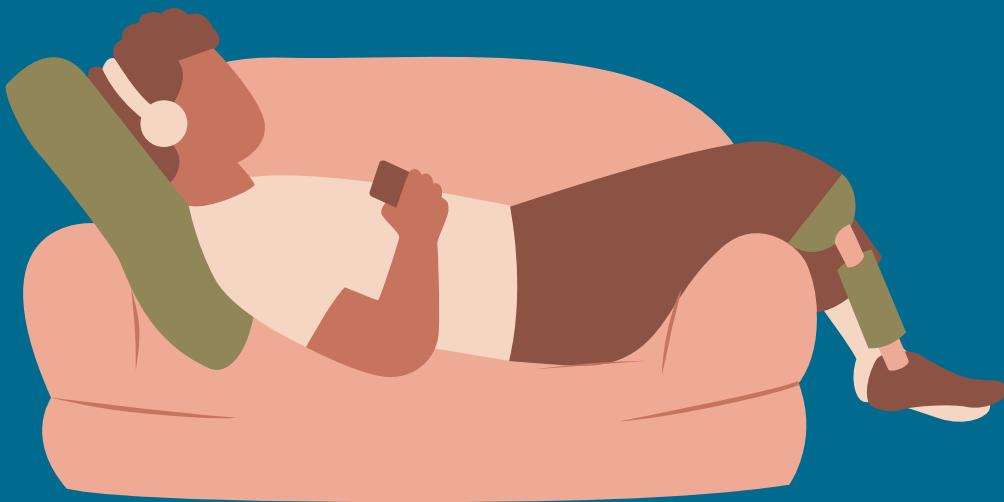
[https://www.torontopubliclibrary.ca/search.jsp?
N=4292809371](https://www.torontopubliclibrary.ca/search.jsp?N=4292809371)

Mississauga Book Clubs:

[https://www.mississauga.ca/library/programs/book-
clubs/](https://www.mississauga.ca/library/programs/book-clubs/)

Brampton Book Clubs:

[https://www.bramptonlibrary.ca/index.php/join-
in/book-clubs](https://www.bramptonlibrary.ca/index.php/join-in/book-clubs)





Mental Self-Care

2

LISTEN TO A PODCAST

Sit back and relax a podcast, it can be comedic, educational, murder mystery or any interest of yours.

[https://jayshetty.me/podcast/ .](https://jayshetty.me/podcast/)

<https://balance.media/7-podcasts-mental-health-laugh/>

3

TAKE A BREAK FROM TECHNOLOGY

Step away from your phone or any screens for a bit, try to aim for around an hour.





6. PROFESSIONAL DEVELOPMENT

**RESOURCES THAT INCLUDE INFORMATION
ABOUT HELPLINES, ALLYSHIP,
MENTAL HEALTH RESOURCES AND MORE!**

#BlackLivesMatter

As time goes on,
the scars only
brighten.
Illuminating the fear
and pain that was
felt so vividly.
Shooting through like
a runaway train,
the truth became
clouded and evil
would reign.
Not forgiven, never
forgotten.





Art Description

Artist Name: Ruben Chavez-Munoz

Social Media:

Instagram: @whothehellsbaby

Website: <https://ruben-chavez-munoz.format.com/>

Description:

These works come from two photo books I made over the course of last year. Both of which focused on the diasporic feelings I carry as the first generation of my family to be born in Canada. The photographic components came from walks I would take to alleviate anxiety and stress. I'd take notes and photograph what I saw around me and what moved me. The poetry was a way to analyze these images and try to fully understand what it is that I felt while taking them. Together they serve as a window into my thoughts on being Canadian



Volunteering

Looking for volunteering experiences?

Whether you want to explore your interests, possible career paths or complete your 40 hours for high school Helping Hands is here to help you. We work alongside youth to seek out the best opportunities for them to create new and valuable experiences and build their skills. For more information visit our website or contact us.

<https://helpinghandsapp.com/>





Entrepreneurship & Leadership Opportunities

1

#RISING YOUTH (TAKINGITGLOBAL)

A program led by TakingITGlobal to help young people nationwide who are inspired with ideas and ready to take action through youth-led community service grants. The program is currently funded to offer grants through March 2022. Our program is funded by the Government of Canada under the Canada Service Corps initiative.

<https://www.risingyouth.ca/>

funding@takingitglobal.org





Youth Employment

1

YOUTH JOB CONNECTION (YJC) (YOUTH EMPLOYMENT SERVICES [YES])

Youth Job Connection [YJC] is a program to help youth, 15 – 29 years old, find and keep jobs. It is a PAID program with several components. Choosing to participate in this program through YES is to ensure that: you will get the interview you have waited for, you will be well prepared by our skilled staff, you will finally get the job you deserve, with one of our 1,000+ great employers.

<https://www.yes.on.ca/youth-job-connection/>

yes@yes.on.ca



Youth Employment

2

EMPLOYMENT COUNSELLING (STELLA'S PLACE)

Stella's Place offers employment help with a residential pre-employment specialist from the YMCA. It is a welcoming, non-judgemental, friendly environment that is committed to meeting individuals where they are at.

www.stellasplace.ca

connect@stellasplace.ca or (416) 461-2345



Journal Page



Gratitude practice, find a peaceful spot and write the things you're grateful for and read through the list and give thanks to each point noted.





Workshops & Training

1

THE SCIENCE OF WELL-BEING (COURSEA)

In this online course you will engage in a series of challenges designed to increase your own happiness and build more productive habits. As preparation for these tasks, Professor Laurie Santos reveals misconceptions about happiness, annoying features of the mind that lead us to think the way we do, and the research that can help us change. You will ultimately be prepared to successfully incorporate a specific wellness activity into your life.

<https://www.coursera.org/learn/the-science-of-well-being>



Workshops & Training

2

MANAGING EMOTIONS IN TIMES OF UNCERTAINTY & STRESS (COURSEA)

Developed by the Yale Center for Emotional Intelligence, Managing Emotions in Times of Uncertainty & Stress will provide participants with the knowledge, skills, and strategies to understand and manage their emotions and those of their students. The 10-hour online course is designed for school staff, including teachers, paraprofessionals, counsellors, principals, and non-teaching staff in preK-12 schools.

<https://www.coursera.org/learn/managing-emotions-uncertainty-stress>



7. FINANCIAL SERVICES & SUPPORT

RESOURCES THAT INCLUDE INFORMATION
ABOUT FOOD SECURITY, FINANCIAL ASSISTANCE,
TRANSPORTATION AND MORE!

#BlackLivesMatter





Art Description

Artist Name: Maneesa Veeravel

Description:

'an ode'

Black Pen on Cardstock

This illustration is an ode to the National Day of Remembrance & Action on Violence Against Women which commemorates 14 students who were murdered for being women at l'Ecole Polytechnique de Montreal in 1989. Their names were Geneviève Bergeron, Hélène Colgan, Nathalie Croteau, Barbara Daigneault, Anne-Marie Edward, Maud Haviernick, Barbara Klueznick, Maryse Laganière, Maryse Leclair, Anne-Marie Lemay, Sonia Pelletier, Michèle Richard, Anne St-Arneault and Annie Turcotte. No legislative or policy level changes were made in response, to normalize safe space and eliminate all forms of violence against marginalized genders. This horrific anniversary of the massacre is a reminder of the systemic cruelty women encounter on a day to day basis. From microaggressions to assault, battery and murder; gender based violence is a human rights violation and the culture of ignorance we live in encourages binary dichotomies in which women are inferior to men. We still live in a world where gender based crimes shock the nation even though women vanish, disappear, go missing and are forgotten, abused, raped, murdered or worse, every day. Violence is a daily reality, silenced by dominant forms of privilege and it is our duty to remember those who have fallen victim to misogyny rather than being silenced.



Food Security

1

FINDING A FOOD BANK (FEED ONTARIO)

Alongside food banks, industry partners, and local communities, the organization works to end hunger and poverty by delivering fresh and healthy food, developing innovative programming, and driving change through research and advocacy.

<https://feedontario.ca/about-us/find-a-food-bank/>

info@feedontario.ca





Transportation

1

STUDENT PRESTO & GO TRAIN

Presto offers a deducted fare to youth and students through application.

<https://cancust.com/what-is-presto-and-how-students-use-it-on-ttc-toronto-transit-commission/>

2

A GUIDE TO SAFE ROUTES

A list of safe routes to ensure a safe way around the greater Toronto area as a youth.

<https://thenewcomer.ca/aneesh-chatterjee/a-new-students-guide-to-public-transit-in-the-greater-toronto-area/>



Student Discounts

1

UNiDAYS

UNiDays offers exclusive discounts and offers on various brands and programs for students.

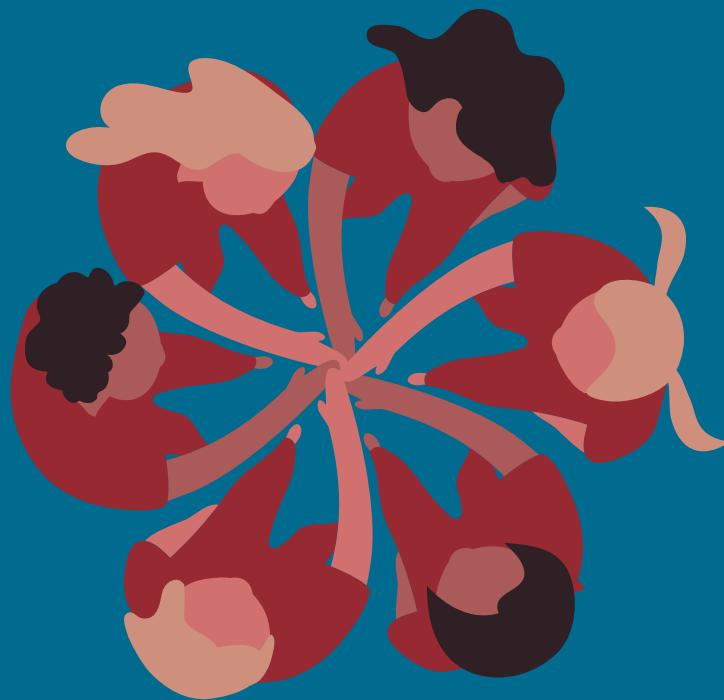
<https://www.myunidays.com/CA/en-CA>

2

SPC CARD

This discount card offers exclusive store discounts and/or points to students such as Indigo, Sephora, Hot Topic, etc.

<https://www.spccard.ca>



Journal Page



Write about a time you were proud of yourself.





Grants & Funding

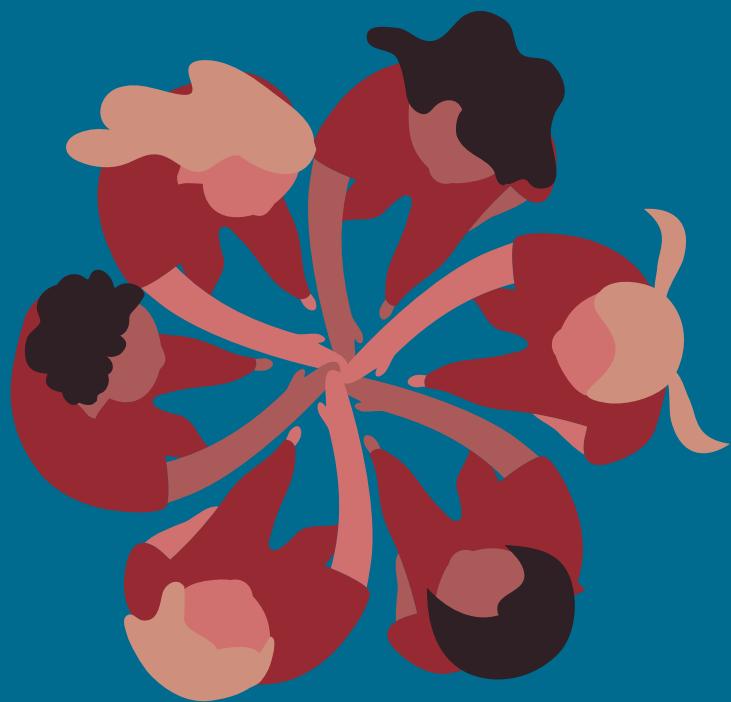
1

POPUP GRANT (LAIDLAW FOUNDATION)

Laidlaw Foundation supports young people impacted by the justice, education, and child-welfare systems to become healthy and engaged by investing in innovative ideas, convening interested parties, advocating for systems change, and sharing learning across the sector.

<https://laidlawfdn.org/popup-grant---racial-justice-and-mental-health-awareness.html>

info@laidlawfdn.org





Post-Secondary & Bursaries

2

SCHOLARSHIPS CANADA

Able to search for specific qualifications in regards to scholarships (e.g. BIPOC, mental health).

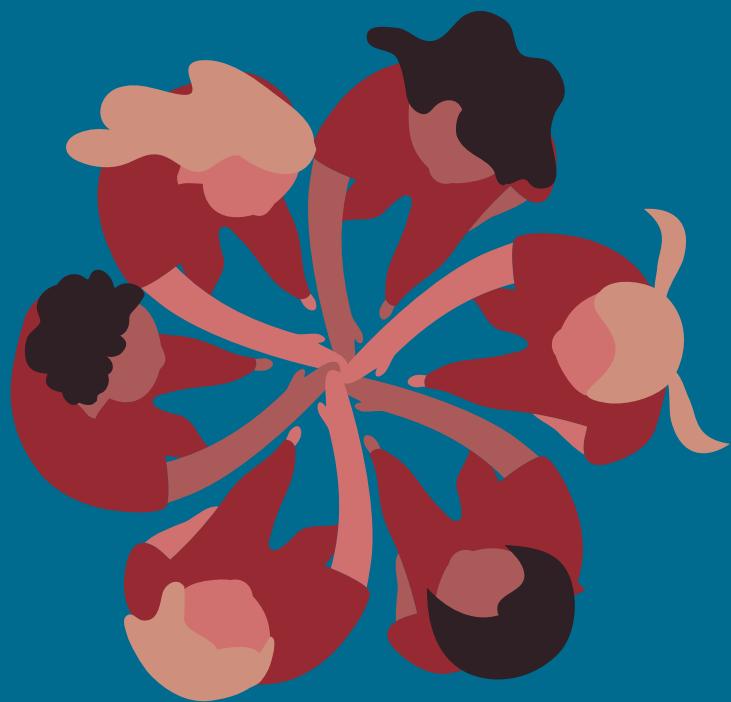
<https://www.scholarshipscanada.com/>

3

STUDENT AWARDS

Able to search for various awards based on specificities in relation to mental health.

<https://studentawards.com/?s=mental+health>





Post-Secondary & Bursaries

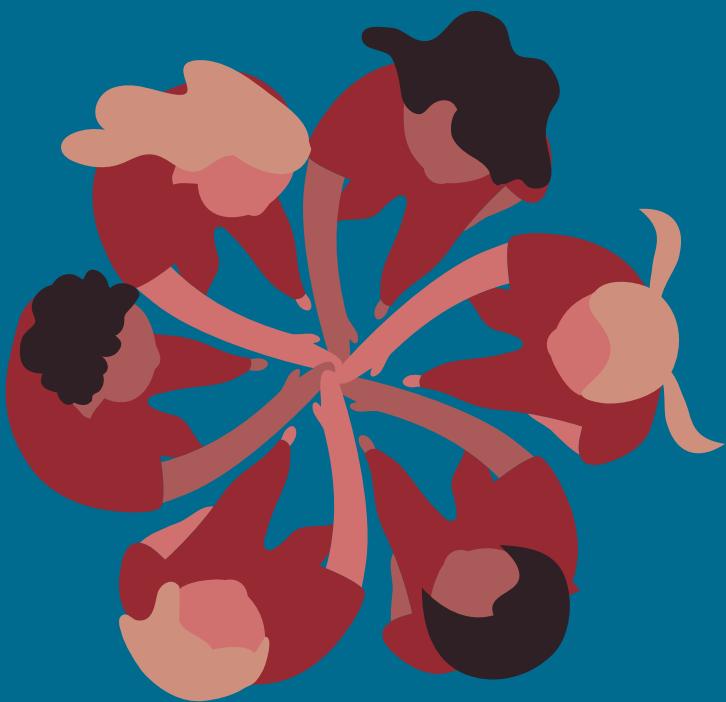
4

GRANT ME

This website will match individuals with individual grants they are qualified for by participating in a 3 minute quiz. Additionally access to scholarships specific to BIPOC students currently enrolled in post-secondary education.

<https://grantme.ca/>

<https://grantme.ca/7-scholarships-for-bipoc-students-in-canada/>





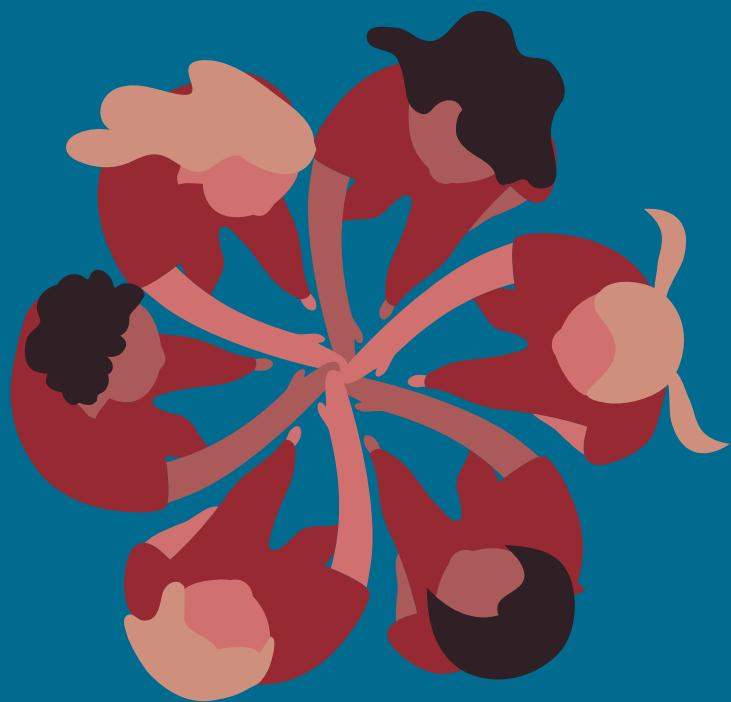
Post-Secondary & Bursaries

5

SARAH GAULIN MENTAL HEALTH SCHOLARSHIP

Scholarship that is available to students with mental health conditions currently registered in a mental health program,

<https://www.disabilityawards.ca/sarah-gaulin-memorial-scholarship/>



*You Deserve Space
To Name*



Your Grief



Art Description

Artist Name: Jasmine Persaud

Social Media

Instagram / Twitter: @jasminedrawing

Portfolio Website: <https://jasminepersaud.portfoliobox.net/>

Print Shop: <https://www.inprnt.com/gallery/jasminedrawing/>

Email for inquiries: jasminenpersaud@gmail.com

Description: Choorile"

A re-imagining of the Choorile, a jumbie from the Caribbean, as a spirit honouring grief and its cycles.

Traditionally, the Choorile is cast as a raging spirit grieving the loss of her child (through various traumatic means). It's also a word associated with being unruly and wild and can be used as a put-down. Through my illustration, I wanted to depict her in a way that honoured her pain and rage also with respect to madness. And so, I shifted the focus to return to the source of the hoorile's very existence, to her grief

CREDITS

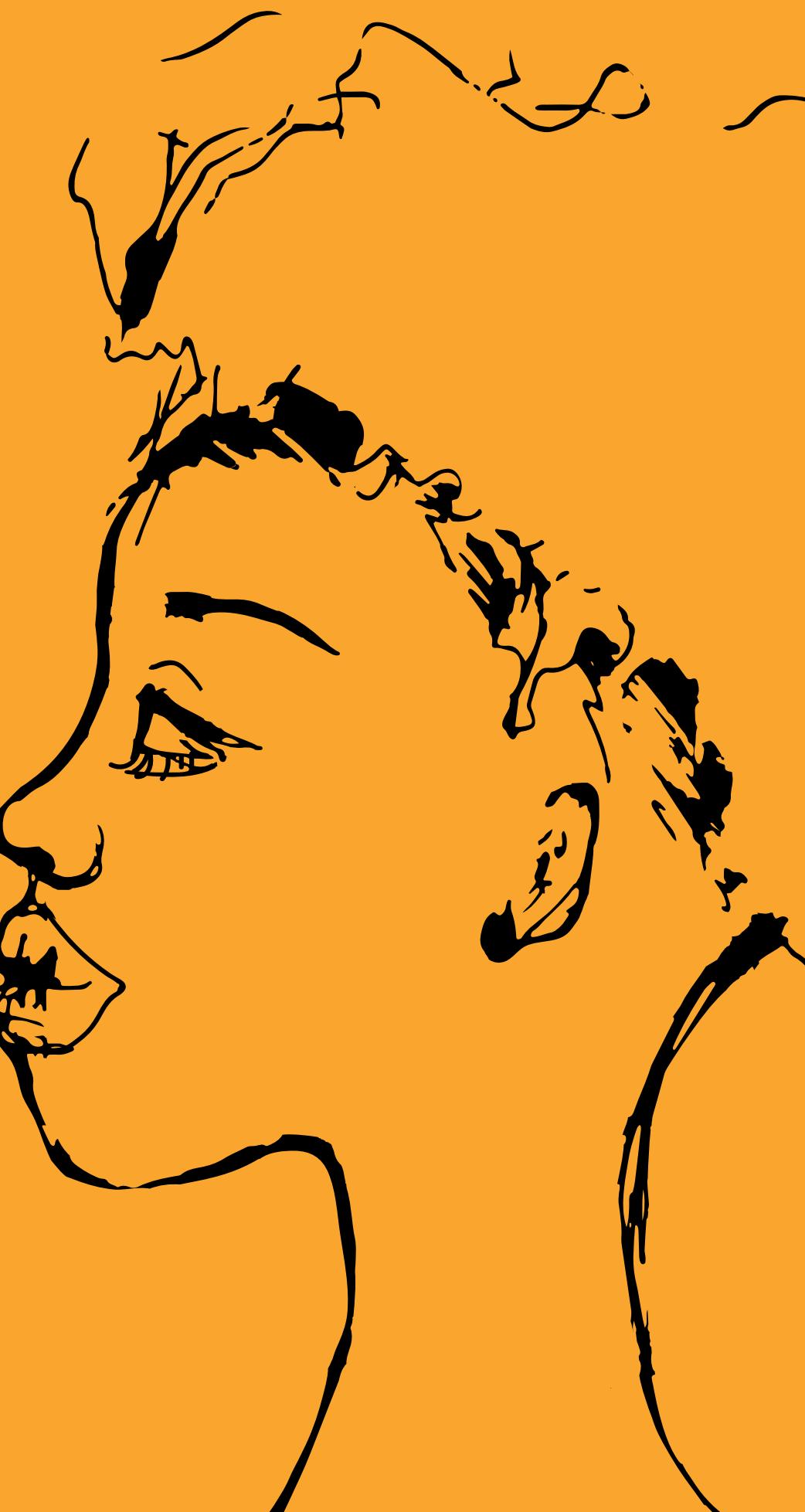
A huge **THANK YOU** to everyone who has helped to create this publication, from the talented young artists who contributed work to the organizations whose vital services we shared.

This project was made possible through the generous support of the Laidlaw Foundation.

Project Leads
Janelle Hinds
Analisa Smit

Project Coordinator
Zena Gittens

Project Assistants
Sam Atkinson
Rylea Patton





WE'RE
all in this
TOGETHER