

A RESOURCE GUIDE TO

# ANTI BLACK RACISM

Support for Black  
Youth and Allies



Supporting Students to  
Develop Their Skills Through  
Volunteering,  
Entrepreneurship and Early  
Career Exploration

Version 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. The purpose of these resources is to 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 that fosters youth engagement and allows 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 with a special focus on developing the skills the students would like to attain.



A stylized illustration of a Black woman from behind, wearing a white shirt and a blue skirt. She is raising her right fist in a gesture of protest or solidarity. The background is a solid orange color.

resources for you

#BLACKLIVESMATTER



# 1. HELPLINE RESOURCES

Resources for those who are looking  
for mental health helplines for mental health  
support

#BlackLivesMatter



1

## STELLA'S PLACE

Provides mental health supports for 16 to 29 year olds.

**416-461-2345 | <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/>**





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## WARDEN WOODS COMMUNITY CENTRE

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

**647-327-0206**

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## TANGERINE COUNSELLING

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

**905-795-3530 | <http://snip.ly/iwh6wc>**



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## BLACK YOUTH HELPLINE

Serves all youth and specifically responds to the need for a Black youth to promote access to professional, culturally appropriate support for youth, families, and schools.

Everyday 9 am - 10 pm

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

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## SKYLARK YOUTH

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

[www.skylarkyouth.org/](http://www.skylarkyouth.org/) | [416-482-0081](#)





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## 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](http://www.warmline.ca/)**

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## BLACK QUEER YOUTH

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

**[bqy@sherbourne.on.ca](mailto:bqy@sherbourne.on.ca)**





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## KIDS HELP PHONE

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

**1-800-668-6868**

**TEXT: CONNECT 686868**

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## JOHN HOWARD SOCIETY OF TORONTO-YOUTH HOTLINE

Helps youth (17-29) in need of support and services and we help them navigate their day to day lives during this pandemic.

**647-882-8417**



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## 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

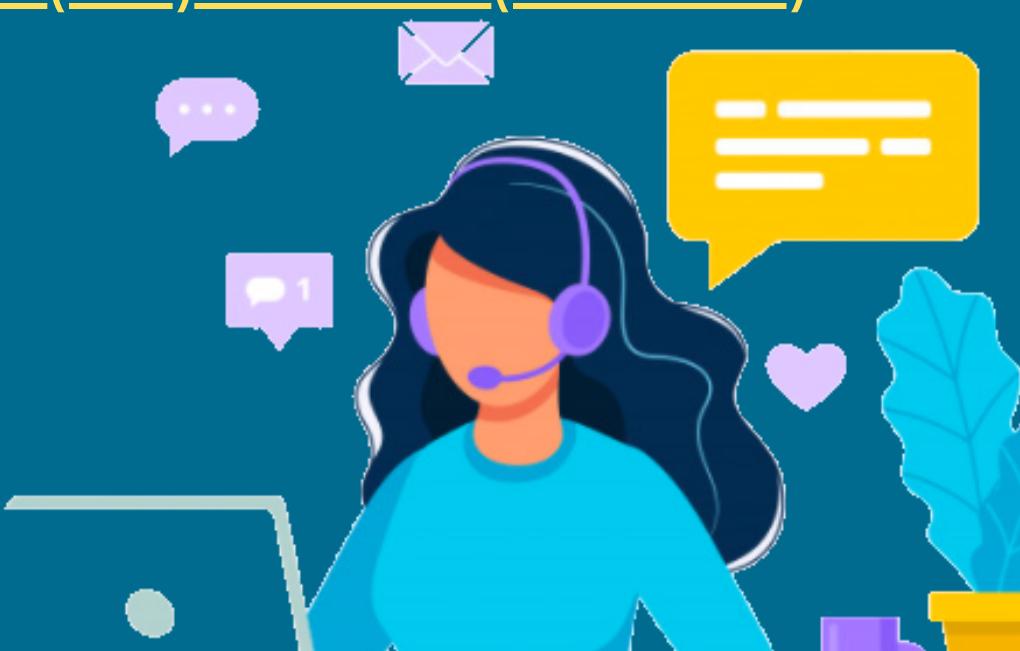
<https://wesforyouthonline.ca/>

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## NASEEHA YOUTH HELPLINE

Youth receives immediate, anonymous, and confidential support over the phone from 12 - 9 pm, 7 days a week.

[https://naseeha.org.1\(866\)627-3342\(NASEEHA\)](https://naseeha.org.1(866)627-3342(NASEEHA))





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

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

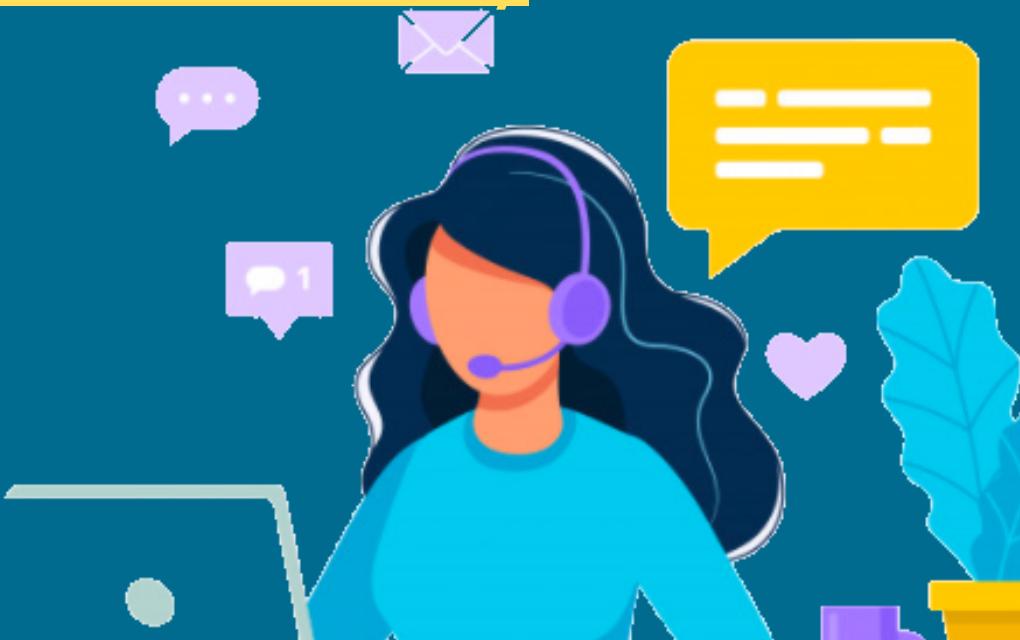
**416-535-8501 press 2**

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## WHERE TO START

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

**905-451-4655 | <https://wheretostart.ca/>**





# 2. ALLYSHIP RESOURCES

Resources for those who are looking  
for information about  
allyship and Anti-Black Racism

#BlackLivesMatter



1

## SUPPORTING THE BLACK COMMUNITY AS A WHITE OR NON-BLACK POC"

Document by Rachael Adams with different resources like what you should do and not do, films to watch and books to read to educate yourself, and organizations to support.

<https://snip.ly/bi0kzg>

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



helloktlyn





3

## NON-BLACK PEOPLE NEED TO SPEAK UP FOR BLACK LIVES

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

<https://snip.ly/p9uvnk>

4

## HOW TO BE AN ALLY TO THE BLM MOVEMENT

Discusses the steps you can take and resources that will help you to become an ally to the BLM Movement

<https://snip.ly/ten0a0>



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.

<https://snip.ly/9afodi>

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## SIX WAYS TO BE A BETTER ALLY

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

<https://snip.ly/jkzuou>





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## ALLY RESOURCES FOR BLM SUPPORT

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

<https://snip.ly/tad884>

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>





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## RESOURCES THAT WILL HELP YOU BECOME A BETTER WHITE ALLY

Multitude of resources about educating White people on how to become allies, why is it important, and what it means, etc.

<https://snip.ly/1zxxnh>

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## GUIDE TO ALLYSHIP

Goes into extreme depth on how to become an ally, what allyship means, and why allyship is so important.

<https://guidetoallyship.com/>





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## BLACK LIVES MATTER: A BOOKLIST

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

[torontopubliclibrary.ca](http://torontopubliclibrary.ca)

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

Provides an explanation as to what allyship really means and how people can be a part of it while giving back to the Black community.

<https://snip.ly/112yx4>





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## 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>

14

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

Discusses what microaggressions are, what they do, and how to respond to them as an ally hearing them being perpetrated to and about Black individuals.

<https://snip.ly/cqfpmq>





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

Several interviews from various people on the topics of race, racism and police violence and how to discuss them with your kids.

<https://snip.ly/112yx4>

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## ZERO GUN VIOLENCE MOVEMENT

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

[zerogunviolence-movement.com](http://zerogunviolence-movement.com)





# 3. MENTAL HEALTH RESOURCES

Resources for those who are looking  
for workshops, apps, tools and tips  
that will help their mental health

#BlackLivesMatter



1

## YOUTH MENTAL HEALTH CANADA

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

+1 (647)952-YMHC

2

## LIBERATION MEDIATION APP

A mediation app for the Black, Indigenous, and People of Color community.

[help@liberatemeditation.com](mailto:help@liberatemeditation.com)





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## 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**

4

## WHAT'S UP?

A Cognitive Behavioural Therapy (CBT) app to cope with depression, anxiety, stress, and more.

**Available on Google Play or Apple App Store**





5

## 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.

[thefyouproject.com](http://thefyouproject.com)

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## 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.

**905-455-6789 ext. 108**





## COMMUNITY SPEAKS WORKSHOP

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Interactive workshops and panels for Black women about topics related to health and wellness.

[themosnurtured.com/communityspeaks](http://themosnurtured.com/communityspeaks)

8

## COMMUNITY BREATHS YOGA

Series of classes delivered via Zoom that focuses on gentle yoga that are instructed by and exclusively for Black women.

Every Thursday of June and July, 8:00-8:45pm.

[themosnurtured.com/communitybreathes](http://themosnurtured.com/communitybreathes)





5

## MIND SHIFT CBT

An app that helps teens cope with anxiety

**Available on Google Play or Apple App Store**

6

## SELF-HELP AND ANXIETY MANAGEMENT

24-hour anxiety tool kit app to track anxiety and cope with it without the use of medication

**Available on Google Play or Apple App Store**





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## HAPPIFY

An app that provides games, suggestions, and attitude prompts app to lift mood in a mood-training program

**Available on Google Play or Apple App Store**

8

## MOODTOOLS

App that provides videos and methods to cope with clinical depression and suicide prevention plans using CBT

**Available on Google Play or Apple App Store**





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## PROTECT YOUR ENERGY

Canned Responses to messages that zap your energy based on the events that have taken place over the past week.

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

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## SHEENA'S PLACE'S BIPOC SUPPORT GROUP

Space dedicated to members of the Black, Indigenous, and People of Color (BIPOC) community to discuss how racism and shadeism impact relationships with our bodies

June 23 - August 25 (Tuesdays 6:30-8:00pm)

[sheenaspplace.org](http://sheenaspplace.org) | 416-927-8900





# 4. ALL IN ONE RESOURCES

Resources that include information  
about helplines, allyship,  
mental health resources and more!

#BlackLivesMatter



1

# 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>





2

## 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](http://www.CAFCAN.org) | [info@CAFCAN.org](mailto:info@CAFCAN.org) | 416-740-1056**



# CREDITS



Special thanks to everyone who has helped to create this resource. We would also like to thank everyone on the Helping Hands Team for your support and the role you played in helping us create this guidebook.

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**WE'RE**  
*all in this*  
**TOGETHER**