

Black

HEALTH

- ✓ Counselling
- ✓ Education
- ✓ Caregiver support
- ✓ Community connections

Coordinated & Collaborative Care



Building Healthier Communities: Why Black Healthcare Matters

For generations, systemic racism, discrimination, and limited access to culturally competent care have contributed to disproportionately high rates of mental health concerns and higher mortality rates from conditions more prevalent within Black communities – including prenatal, postnatal, and paediatric care.

38% of Black Canadians with mental health needs access services.

60% are more willing to seek help from a Black therapist.

76% of Black immigrants assess their health as poor compared to other racialized groups.

Through a comprehensive, Afrocentric approach, we are working toward meaningful long-term outcomes:

- ✓ Early intervention & crisis prevention
- ✓ Reduced stigma & improved access
- ✓ Improved mental health trajectories
- ✓ Greater trust in the healthcare system

Through a growing network of providers and community organizations, we are connecting families with the support they need.





Coordinated & Collaborative Care for Healthier Families

Youth 7-12 years

- ✓ Counselling
- ✓ Early intervention
- ✓ Community connections

Youth 12-29 years



- ✓ Group programs
- ✓ Caregiver support
- ✓ Case management
- ✓ Counselling & addiction support

Caregivers

- ✓ Counselling
- ✓ Parenting support
- ✓ Community connections

Pregnant & Postpartum Women

- ✓ Counselling
- ✓ Education
- ✓ Community connections

Black health care services are not just important - they are essential for building strong, resilient and thriving communities.

**Referrals are available by fax,
Ocean, or self-referral.**

**Email blackhealth@wechc.org to
join the Black Health network.**

Phone: 519-962-2284

Fax: 226-216-5283

**Referral: Available through Ocean or fax –
[click to access the general referral form.](#)**

Services are fully funded by Ontario Health and are available at no cost.



Together, building healthier communities.

