



## Mental Health & Well-Being Related Resources

### Urgent Supports:

[Good2Talk](#): 24/7 Counselling support by phone/text 1-866-925-5454 or text GOOD2TALKON to 686868

[Gerstein Crisis Support](#): 24/7 Phone Crisis Support (interpretation in 180 languages) 416-929-5200

[9-8-8 Suicide Crisis Helpline](#): 24/7 Call/Text 9-8-8.

[Hope for Wellness](#): 24/7 Wellness Helpline for all indigenous people in Canada 1-855-242-3310

[Trans life Hotline](#): Call 1-866-330-6366. See website for hours

[211 Central](#): 24/7 Call 2-1-1. Food, housing, finances & mental health supports & more

[We Connect - Dialogue](#): For students enrolled in the GBCs Health Benefits program, call 1-855-853-0565, (video, telephone, or in-person services offered by a counsellor in your area)

## Resources for Black Students:

We recognize that systemic anti-Black racism (S-ABR), a consequence of the legacy of enslavement and colonial violence/imperial violence, is a significant barrier to accessing quality mental health services for Black students and the broader Black community. We acknowledge the long-lasting trauma that results from anti-Black racism and that such consequences are often intergenerational.

At Counselling and Student Well-Being, we strive to work closely with Black mental health professionals at the college, Black staff, community partners, and students to ensure continuous improvement of our services so that we can continue to provide quality and affirming mental health and well-being related services.

Here are some resources for Black students' well-being:

- [GBC's Black Student Success Network](#)
- [GBC's Black Futures Initiatives](#)
- [Across Boundaries](#)
- [CAMH's AMANI Mental Health & Substance Use Program](#) (formerly Substance Abuse Program for African Canadian and Caribbean Youth)
- [Stella's Place](#)
- [Family Services Toronto - Women's Resilience: A Nigerian Perspective](#)
- [Tropicana Community Services](#)
- [TAIBU Community Health Centre](#)
- [Supporting Our Youth \(SOY\)](#)
- [Black Food Toronto](#) (formerly the Afri-Can Food Basket)
- [Black Coalition for AIDS Prevention \(CAP Toronto\)](#)
- [Caribbean and African Canadian Services](#)
- [Eva's](#)

**Note:** Additional information can be found on George Brown College's Counselling and Student Well-Being website on the [Taking care of your mental health | George Brown College](#) section.