

CULTURALLY COMPETENT SERVICES

Where to go when you are looking for help

Updated: May 2024

Services that are culturally competent meet the social, cultural and linguistic needs of the communities they serve. They can be useful for people who do not speak English as their first language, who come from culturally and racially diverse communities or who are newcomers to Canada. Culturally competent services can help people feel like they are better understood and that there is someone who can relate to them and their mental health experiences.

Mental Health Services for Racialized Groups

Across Borders: An Ethnoracial Mental Health Centre

51 Clarkson Ave., Toronto
acrossboundaries.ca/services
Tel.: 416-787-3007 ext. 297
info@acrossboundaries.ca

Services: Employment preparation, computer training, literacy and ESL classes; leadership and advocacy training; peer-led addiction wellness and harm reduction group; alternative models of support and services, including art and music therapy; community outreach, including anti-racism education and mental health training

Eligibility: People age 16+ from racialized communities, with severe mental health and substance use issues, including QTBIPOC people (queer and trans Black, Indigenous and people of colour), immigrants and refugees

Referral: Call for appointment; self-referrals and referrals from health care or social services providers, legal system, family

Languages: English, African, Caribbean and Asian languages may include Afrikaans, Amharic, Arabic, Bengali, Cantonese, Creoles, Dari, Fante, Farsi, Filipino, Ga, Ghanaian, Gujarati, Hausa, Hindi, Harari, Idomo, Malayalam, Mandarin, Marathi, Nepali, Pashto, Patois, Punjabi, Shona, Sinhala, Somali, Swahili, Tamil, Tsonga, Twi, Urdu, Xhosa; contact for information on availability

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

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African and Caribbean Mental Health Services

Afro-Canadian Caribbean Association of Hamilton and District

754 Barton St. East, Hamilton

accahamilton.com

Tel.: 905 385-0925

acca1979info@gmail.com

Services: Mindfulness for Black youth; community quilting groups; grandparents support programs; youth mentorship; recreational activities for seniors

Eligibility: Open to all

Referral: Self-referral via website

Languages: Akan, English, Twi

Caribbean and African Canadian Social Services

995 Arrow Rd., Toronto

cafcan.org/programs-and-services

Tel.: 416 740-1056

info@cafcan.org

Services: Stop Now and Plan Program; Kambi Ya Watoto Summer Camp; Leaders in Partnership for children age 7–12 at risk of school suspension or expulsion; violence against women supports; individual and family counselling, parenting program; anger management program; mobile crisis counselling; crisis intervention

Eligibility: Social services open to all; membership open to African-Canadian or Caribbean people or people with appreciation of Jamaican heritage

Referral: Self-referral; call or drop in

Languages: Akan, English, Twi

Centre for Addiction and Mental Health – Substance Abuse Program for African Canadian and Caribbean Youth (SAPACCY)

80 Workman Way, Toronto

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

Tel.: 416 535-8501 press 2

Services: Assessment; individual and group treatment

Eligibility: African and Caribbean-Canadian youth under age 25 with substance use and mental health concerns

Referral: Self-referral; call to apply

Language: English

Harriet Tubman Community Organization

1761 Sheppard Ave. East, main floor, Toronto

www.tubmancommunity.org

Tel.: 647 834-6992

info@tubmancommunity.org

Services: Counselling and mental health services; child and youth programs including leadership, mentorship, skills development, summer day camp; cultural and social events

Eligibility: Focus on African-Canadian children, youth and their families; varies by program, call for details

Referral: Self-referral; call to apply

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Asian Mental Health Services

Community Family Services of Ontario

4051 Gordon Baker Rd., Unit A, Scarborough
cfso.care/counselling-psychotherapy-family-services
 Tel.: 416 979-8299
info@cfso.care

Services: Counselling and psychotherapy; settlement services; anger management; youth services; group counselling; program for problem gambling; counselling for probationers; partner assault service programs

Eligibility: Focus on Chinese community, including youth, 2SLGBTQIA+, seniors, immigrants and newcomers, permanent residents, Convention refugees, student visa and work permit holders, front-line health workers, and families of people from these groups

Referral: Call to schedule intake/assessment meeting; in-person and virtual services available

Languages: Cantonese, English, Filipino, Mandarin, Tagalog, Vietnamese; interpretation for other languages

Hook Fong Mental Health Association

407 Huron St., 3rd floor
hongfook.ca/association/our-services
 Tel.: 416 493-4242 ext. 2252 (Cantonese), ext. 3259 (Mandarin)
info@hongfook

Services: Wrap-around mental health supports for Asian youth (Chinese, Korean, Vietnamese, Cambodian); psychosocial recreation and education; peer support and self-help groups; support groups for families; online resources in multiple languages; cognitive-behavioural therapy

Eligibility: People age 16+ of Cambodian, Chinese, Korean or Vietnamese descent

Referral: Self-referral or other referral

Languages: English, Mandarin, Cantonese, Korean, Vietnamese, Khmer (Cambodian)

South Asian Canadians Health and Social Services

247 Main St. North, Brampton
sachss.ca/programs-services
 Tel.: 437 254-2794 or 647 523-6380
 Tel.: 416 863-0511 (distress helpline)
info@sachss.org

Services: HIV/AIDS support and counselling; sexual health promotion; education, recreation and support for seniors; education and life skill programs for women and youth; housing help for people who are homeless; court mandated treatment such as individual and group counselling for impaired driving, violence and anger management; counselling services

Eligibility: All accepted

Referral: Call for appointment; self referrals and referrals from physicians, hospitals, legal system, lawyers, agencies and organizations, and family accepted

Fees: Free services and services on sliding scale

Languages: English, Hindi, Punjabi, Tamil, Urdu

Toronto Western Hospital – Asian Mental Health Program

399 Bathurst St, East, Wing, 9th floor, Toronto
www.uhn.ca/MentalHealth/Clinics/Asian_Mental_Health
 Tel.: 416 640-1934
cmhcentralintake@uhn.ca

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Services: Support for families and friends; community outreach; comprehensive education; pharmacotherapy, psychotherapy and counselling; help navigating cultural and language barriers

Eligibility: Mandarin-speaking people with first episode of serious mental illness receive individual intervention

Referral: Call for appointment; self-referral or from health care or social services providers, legal system, family

Fees: Free services and services on sliding scale

Languages: English, Mandarin, Cantonese

Hispanic and Latin American Mental Health Services

Get more information about Spanish-speaking mental health services at kmb.camh.ca/eenet/news/spanish-language-mental-health-resources-newcomers.

Hispanic Development Council

1280 Finch Ave. West, North York

www.hispanic-council.ca/index.html

Tel.: 416 516-0851

info@hispanic-council.ca

Services: Supportive counselling for individuals; general community information and referrals; tax clinic

Eligibility: Spanish-speaking people

Referral: Self-referral; call or drop in to apply

Languages: Spanish, English

Madison Community Services – Spanish Speaking Mental Health Case Management and Peer Support Groups

437 Church St., Suite 407, Toronto

madisoncs.org/programs

Tel.: 416 977-1333

info@madisoncs.org

Services: Mental health case management in Spanish, one-on-one supports; weekly socialization/peer support groups

Eligibility: Open to all

Referral: Self-referral; call to apply

Languages: Spanish, English

York Hispanic Centre

1652 Keele St., Suite 107, Toronto

www.yorkhispanic.ca

Tel.: 416 651-9166

Services: Information and referral; translation of documents, invitation letters, travel permits, affidavits; assistance finding housing; referral to legal advice, advice about government pensions; wellness sessions and mental health support groups for all ages; education workshops; student and volunteer placements

Eligibility: Open to all; focus on Spanish-speaking community or people of Hispanic or Latin American background

Referral: Self-referral; call to apply

Languages: Spanish, English

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Indigenous Mental Health Services

Please refer to the “Indigenous Mental Health and Wellness” community resource sheet for more resources.

The Indigenous Network

208 Britannia Rd. East, Unit 1, Mississauga

www.peelaboriginalnetwork.com

Tel.: 905 712-4726

info@theindigenousnetwork.com

Services: Cultural resource programming such as talking circles, Reiki and drumming circles; urban Aboriginal healthy living programs; Kizhaay Anishinaabe Niin program that encourage men to speak out on violence; Indigenous wholistic mental wellness services

Kids Help Phone – Brighter Days: An Indigenous Wellness Program

30 College St., Toronto

www.kidshelpphone.ca/get-involved/brighter-days-an-indigenous-wellness-program/

indigenous@kidshelpphone.ca

Services: Programming for Indigenous youth age 6–29; helps First Nations, Inuit and Métis youth develop skills that support well-being

Native Horizons Treatment Centre

130 New Credit Rd., Hagersville

www.nhtc.ca

Tel.: 905 768–5144

info@nhtc.ca

Services: Residential treatment program addressing addiction, traumas and related problems (without any medical supports); outreach programs on the Mississaugas of the New Credit First Nation community; cultural-based programming and sweat lodge

Eligibility: First Nations people; must have not used alcohol or other drugs for at least 15 days and have been out of criminal custody for at least 30 days

Referral: Applications at www.nhtc.ca/programs; send completed applications to office@nhtc.ca

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