

# BLACK YOUTH RESOURCES



## Community Based Counselling Services (No - Low Cost)

- **Africa Centre Counselling:**  
[www.africacentre.ca/counselling](http://www.africacentre.ca/counselling)
- **Catholic Social Services:**  
780-391-3233
- **City of Edmonton Citizen Services:**  
780-496-4777
- **Cornerstone Counselling Centre:**  
780-482-6215
- **The Family Centre:**  
780-423-2831
- **Drop-In Single Session Counselling:**  
[www.dropinyeg.ca](http://www.dropinyeg.ca)



## Additional Resources

- The Africa Centre
- YEG The Come Up
- Council of Canadians of African & Caribbean Heritage
- Melanistic Magazine
- Black Coalition of Woman (BCW)
- Black Youth Helpline
- Alberta Black Therapists Network
- YWCA Girls space



## Psychological Resources

- **Black Youth Helpline:**  
1-833-294-8650
- **Urgent Services**  
780 342 7777
- **Children's Mental Health Line:**  
780 427 4491
- **Distress Line:**  
780-482-HELP (4357)
- **Kid's Helpline :**  
1 800 668 6868
- **Kid's Help text:**  
Text CONNECT to 686868



## Websites

- **For information on mental health**  
[www.cmha.ca](http://www.cmha.ca)
- **For teen mental health resources**  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- **To find a black local therapist**  
[www.albertablacktherapistnetwork.com](http://www.albertablacktherapistnetwork.com)
- **To find a therapist in Edmonton**  
[www.psychologytoday.ca](http://www.psychologytoday.ca)
- **For online support**  
<https://www.comhs.health>
- **For sexual family counselling**  
[www.wellnesscentreab.ca](http://www.wellnesscentreab.ca)
- **YWCA Grils Space**  
<https://www.ywcaofedmonton.org/programs-and-services/girlspace/>



## Coping Strategies

1. Healthy coping strategies that you have internally
2. Talking to your friends/mentors/coaches/ engaging in trusted websites
3. Natural supports such as a family member, pastor, or community member
4. Counselling/Therapy from a regulated professional (psychologist, clinical social worker, psychotherapist)
5. Mental health support from the hospital including a psychiatrist and seeking medical treatment



**AFRICA  
CENTRE**