**Mental health resources/supports for African Nova Scotians**

| **Resource**   | **Description**   | **Contact information**   |
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| **Clinical Support – Registered Social Workers, Counselling Therapists and Psychologists**  *\*All licensed Psychologists, Master Social Workers (MSW), and registered counselling therapists are covered for those eligible under the Provincial Blue Cross Employee Benefit Plan ($1000 per calendar year)*  |
| **Social Workers**   |
| Cultural Clinic Consultants   | Expertise in working with people of African descent.     Services include:   Direct clinical treatment and assessment for individuals, groups, and families  Program development; assessment and consultation         | **Website:** [http://www.culturalclinicalconsultants.ca](http://www.culturalclinicalconsultants.ca/)  Lana MacLean, MSW, RSW Halifax, NS  902-223-4906  lmmaclean1@bellaliant.net  Jacqueline Barkley, MSW RSW Halifax, NS  902-454-5784  [barkley@ns.sympatico.ca](http://pbg2cs01.doteasy.com/sample_page.html)  Robert Wright, MSW, RSW Halifax, NS 902.832-1593   info@robertswright.ca   |
| Association of Black Social Workers  | ABSW is a volunteer charitable organization consisting of Black Social Workers and Human Service Workers, and other qualified practitioners throughout the Province.    A*BSW COVID Support:* This can be a challenging time for the Black community in locating resources and supports with limited access to many services. ABSW has developed a toll-free number to help you navigate and get the support you need.   |  **Toll free phone number:**    1-855-732-1253     Mon-Fri: 8:30 am – 4:30 pm Or contact the office via **email:**nsabswcovid19@gmail.com    Call the toll-free number and ABSW will triage you to the appropriate resources based on your needs.    |
| Roberts Wellness Services   | Barbara Roberts is a Registered Social Worker and therapist.    Her private practice offers counselling, organizational consultation, and workshop development/facilitation on diversity and inclusion topics.      She views her practice through an Afrocentric lens.    Barbara is also a LGBTQ+ ally.   | Roberts Wellness Services, MSW, RSW Digby, Nova Scotia B0V   **(902) 812-0285**  barbararobertsmswrsw@gmail.com  Video and phone sessions available.   |
| United Pause African Ancestry Support through the North End Community Health Center (NECHC) & ABSW    | Mental Health Counselling Services for Nova Scotians of African Ancestry.     The team at North End Community Health Center is dedicated to doing better as allies and care providers. They strive to be here for the community in times of need. Their United Pause Wellness Program, with support from the Nova Scotia Association of Black Social Workers is ready to take calls.    | Call this toll-free number at any time, leave your name and a call back number and a coordinator will reach out to you with an appointment time on either Tuesday or Thursday from 5pm-9pm.      **1-800-598-5270**    [Facebook page](https://www.facebook.com/United-Pause-for-People-of-African-Ancestry-109752294074716)    |
| North End Community Health Center    | Tara Downey - Social Worker dedicated to supporting African Nova Scotians. Tara runs the United Pause program listed above.    | To make an appointment please call Tara at:   **902-210-9294** Or through the United Pause program above    |
| **Licensed Psychologists**  |
| Association of Psychologists of Nova Scotia - Central Region  | Dr. Jason Chatman   | Halifax, NS  902-407-4757  drjasonchatman@gmail.com    <https://apns.ca/private-practice-directory/psychologist/dr-jason-chatman/>   |
| Dr. Katherine Lincoln   | Bedford, NS 902-719-7039  klincolnpsych@gmail.com    <https://www.kathrinelincolnassociates.com/>   |
| **Registered Counselling Therapists**  |
| Nova Scotia College of Counselling Therapists – Central Region    | Sheila Ago   | Lewis Lake, NS   902-880-7236   Sheila.seven7@yahoo.ca   |
| Andrea Noylander-Marsman    | Hammonds Plains, NS 902832-6251 (home) 902 483-8018 (mobile) ANoylander@hrce.ca    |
| Gillian Thorpe    | nvizhun@gmail.com   |
| John A. Manning  | Dartmouth, NS  902-441-5749  jmanning@supportivecounselling.ca    <http://supportivecounselling.ca/>  |
| Nova Scotia College of Counselling Therapists – Western Region    | Sheila Ago   | Lewis Lake, NS (will travel) 902-880-7236   Sheila.seven7@yahoo.ca   |
| Shola Noah      | Yarmouth, NS sholanoah@yahoo.com   |
| Nova Scotia College of Counselling Therapists – Northeastern Region    | Sheila Ago  | Lewis Lake, NS (will travel) 902-880-7236   Sheila.seven7@yahoo.ca   |
| George Maringapasi   | New Glasgow, NS (offers virtual sessions) 902-237-4844  [https://maringapasi.com](https://maringapasi.com/)   |
| **Community Health Resources**  |
| Health Association of African Canadians (HAAC)    | Formed in 2000 to address African Canadian health issues and the system inequities affecting health.    | **HRM Address:** c/o Black Cultural Centre for Nova Scotia  10 Cherry Brook Road  (formerly 1149 Main Street)  Cherry Brook, Nova Scotia  Phone: (902) 405-HAAC (4222)  E-mail: info@haac.ca    **Sydney Address:** 31 William St  Sydney, Nova Scotia  B1N 1R5   Drop in Mon., Tues. or Wed. Between 10am- 3:00pm    Website: <http://haac.ca/>    [Facebook Page](https://www.facebook.com/HealthAssociationofAfricanCanadians)   |
| Nova Scotia Brotherhood Initiative (NSBI)    | A free program for Black men to access health care in the community to improve overall health and wellbeing. A team of health care professionals provide culturally appropriate primary medical care [plus health and wellness services](https://www.nshealth.ca/sites/nshealth.ca/files/nsbi_winter_2019-web.pdf) for men of African descent across Halifax Regional Municipality.   | To make an appointment, or for general information call:  **902-434-0824**  email: nsbrotherhood@nshealth.ca     Dartmouth  260 Wyse Road, Dartmouth  [DIRECTIONS](https://www.google.ca/maps/dir/260%2BWyse%2BRd%2C%2BDartmouth%2C%2BNS%2BB3A%2B1N3/%4044.6758725%2C-63.5883205%2C17z/data%3D%214m16%211m7%213m6%211s0x4b5a214450f79a01%3A0x154c3616a2200325%212s260%2BWyse%2BRd%2C%2BDartmouth%2C%2BNS%2BB3A%2B1N3%213b1%218m2%213d44.6758725%214d-63.5861318%214m7%211m0%211m5%211m1%211s0x4b5a214450f79a01%3A0x154c3616a2200325%212m2%211d-63.5861318%212d44.6758725?hl=en)    Hammonds Plains  [Upper Hammonds Plains Community Centre](https://www.nshealth.ca/locations-details/Upper%20Hammonds%20Plains%20Community%20Centre)711 Pockwock Road, Upper Hammonds Plains  [DIRECTIONS](https://www.google.ca/maps/dir/Upper%2BHammonds%2BPlains%2BCommunity%2BCenter%2C%2B711%2BPockwock%2BRd%2C%2BUpper%2BHammonds%2BPlains%2C%2BNS%2BB4B%2B1N8/%4044.752347%2C-63.8281527%2C17z/data%3D%214m15%211m6%213m5%211s0x4b598e773cd402c7%3A0x7fa28aa31976cba9%212sUpper%2BHammonds%2BPlains%2BCommunity%2BCenter%218m2%213d44.752347%214d-63.825964%214m7%211m0%211m5%211m1%211s0x4b598e773cd402c7%3A0x7fa28aa31976cba9%212m2%211d-63.825964%212d44.752347?hl=en)    North Preston  [North Preston Community Centre](http://www.nshealth.ca/locations-details/North%20Preston%20Community%20Centre)44 Simmonds Road, North Preston  [DIRECTIONS](https://www.google.ca/maps/dir/North%2BPreston%2BCommunity%2BCentre%2B-%2BCommunity%2BHealth%2B%26%2BWellness%2BCentre%2C%2B44%2BSimmonds%2BRd%2C%2BNorth%2BPreston%2C%2BNS%2BB2Z%2B1A3/%4044.7459382%2C-63.4692357%2C17z/data%3D%214m15%211m6%213m5%211s0x4b5a2f5d0a5cdb77%3A0xa4efd02da239d63%212sNorth%2BPreston%2BCommunity%2BCentre%2B-%2BCommunity%2BHealth%2B%26%2BWellness%2BCentre%218m2%213d44.7454333%214d-63.46735%214m7%211m0%211m5%211m1%211s0x4b5a2f5d0a5cdb77%3A0xa4efd02da239d63%212m2%211d-63.46735%212d44.7454333)    East Preston  W5 Mall Suite 201  1900 Highway 7, East Preston  [DIRECTIONS](https://www.google.ca/maps/dir/1900%2BHwy%2B7%2C%2BEast%2BPreston%2C%2BNS/%4044.7133871%2C-63.4396772%2C17z/data%3D%214m16%211m7%213m6%211s0x4b5a256b0259258d%3A0xe229675df9edaafb%212s1900%2BHwy%2B7%2C%2BEast%2BPreston%2C%2BNS%213b1%218m2%213d44.7133871%214d-63.4374885%214m7%211m0%211m5%211m1%211s0x4b5a256b0259258d%3A0xe229675df9edaafb%212m2%211d-63.4374885%212d44.7133871?hl=en)   |
| Men’s Health League (Support Group)    | The Men’s Health League is a volunteer peer-to-peer support group for Black men to spread key health messages to other men in the community through social and physical activities, as well as promote the health and wellness services of the Nova Scotia Black Brotherhood health case team.    | To become a member of the Men’s Health League contact: **902-434-0824** or email nsbrotherhood@nshealth.ca     [Facebook Page](https://www.facebook.com/Nova-Scotia-Black-Mens-Health-League-102349201441990/about)    |
| Black Youth Helpline    | This National helpline offers culturally appropriate services and supports including professional assessment, information and referral as indicated for all youth (and families) but specifically to address the needs of Black youth and families. Service in French and other languages available upon request.    | [https://blackyouth.ca](https://blackyouth.ca/)    **Toll free: 1-833-294-8650**   Email: info@blackyouth.ca     Everyday: 10:00am-11:00pm    |
| **Faith Based Resources** |
| Reverend Dr. Cheryl Ann R. Beals  | Reverend Dr. Cheryl Ann R. Beals is a former therapist and currently the Director of Clergy Formation & Wellness at the Canadian Baptists of Atlantic Canada.   | Dartmouth, NS  (506) 635-1922 ext. 1012 (voicemail) (902) 830-5929 (cell) cherylann.beals@baptist-atlantic.ca  [baptist-atlantic.ca](http://baptist-atlantic.ca/)  **CBAC Main Office:** **Mailing:**PO Box 6003 Moncton, NB E1C0V7 **Civic**:     333 Gorge Rd, Suite 130 Moncton, NB E1G3H9 **Phone:**  (506) 635-1922   |
|  Sheila Ago   | Sheila Ago is a registered counselling therapist as listed above and is also a Spiritual counsellor/coach.   | Lewis Lake, NS (will travel) 902-880-7236   Sheila.seven7@yahoo.ca    |
| **Internal Provincial Government Resources**  |
| African Canadian Women in the Public Service (NS)    | Aims of the ACWPS network include ensuring equity of opportunity in employment, promotion and professional development for African Canadian women in the Nova Scotia Public Service.  It is guided by Nova Scotia Public Service and Afrocentric principles and provides a forum for networking, mentoring and validation of shared experiences.      | Louise Adongo 902-266-7497 Louise.Adongo@novascotia.ca   |
| Black Men’s Network (NS Public Service)    | The Black Men’s Network is designed to support the success and development of Black males employed by the Province of Nova Scotia.  The Black Men’s Network is especially tailored to support Black men who are advancing in their life goals. The Black Men’s Network will demonstrate a positive vision of what is possible for Black men employed by the Province of Nova Scotia.  The Black Men’s Network is a brotherhood promoting fellowship among Black Men looking to support one another and leave a positive imprint on the Province of Nova Scotia where we still struggle for respect and unbiased acceptance.    | Gyasi Symonds  902-424-1938 (office)  gyasi.symonds@novascotia.ca   |
| Employee and Family Assistance Program (Morneau Shepell)   | Confidential and immediate support with your work, health and wellbeing 24/7/365.    Please request a counsellor who is competent in supporting clients who have faced discrimination and cultural issues.   | 1-800-777-5888    |

***Resources as of June 16, 2020.***

\*This compiled resource list is a living document and will be updated regularly. Most recent version can be found on the [Office Of Workplace Mental Health’s MYHR page.](https://novascotia.sharepoint.com/sites/MYHR/Pages/myHealthWellness_psychHealth.aspx)

**Healing resources**

*Black Emotional and Mental Health Collective (BEAM)*. Mental health resources specifically for the Black community. It includes journal prompts, coping strategies, community & self care plans, and more.

<https://www.beam.community/tool-kits-education>

*Black Emotional and Mental Health Collective (BEAM)* videos (topics include tips and tools to manage anxiety, mental health and masculinity 101, and more)

<https://www.beam.community/theconversation>

*Black Lives Matter Healing in Action:*  Includes grounding and breathing practices

<https://blacklivesmatter.com/wp-content/uploads/2018/01/BLM_HealingAction_r1.pdf>

*Grief is a direct impact of racism:* Eight ways to support yourself

<https://theconversation.com/grief-is-a-direct-impact-of-racism-eight-ways-to-support-yourself-91750>

*Irresistible Podcast:* Featuring special guests on topics including race and healing and related reflection practices

 <https://irresistible.org/podcast>

**Meditation practices**

Therapist and trauma specialist Resmaa Menakem links old wisdom around our bodies and nervous systems with new science and all we condense into the word ‘race’.  This episode includes a short body scan exercise.

 [Race and Healing: A Body Practice - On Being Podcast](https://onbeing.org/programs/resmaa-menakem-notice-the-rage-notice-the-silence/?fbclid=IwAR0bPrS7GpTOQINdSJAA8BGeeHJYHsp1G6AlfzJiIkla2i0Lm6p0Z5YbPSk)

Guided meditations provided on *Health Associations of African Canadians (HAAC)* website:

21 Day Abundance Online Meditation –  <https://www.youtube.com/watch?v=cfxs_WxswWg&list=PLmuEvR0ZhpyPtgyELAtsDpu05FOdxhevd>

Fear, Pain and Awakening by Mooji – <https://www.youtube.com/watch?v=_v6cwhzbuIo>

Remaining True in a Time of Crisis- Mooji**–**<https://www.youtube.com/watch?v=t3wTOKjH3xM>

**Thought pieces**

Hear More Black Voices: Books, radio interviews, TEDx talks, and documentaries featuring Black voices

<https://www.cbc.ca/news/canada/nova-scotia/community/hear-more-black-voices-1.5594857>

Black Mental Health Matters

<https://www.ted.com/talks/phillip_j_roundtree_black_mental_health_matters>

**Workplace resources**

Race and Mental Health at Work Toolkit: Ensuring Well-being and Equality in the Workplace (European Network Against Racism)

<https://www.enar-eu.org/IMG/pdf/equalatwork2019_final_lr.pdf>

Janet Stovell: How to Get Serious About Diversity and Inclusion in the Workplace

<https://www.ted.com/talks/janet_stovall_how_to_get_serious_about_diversity_and_inclusion_in_the_workplace/transcript?language=en>

**Resources for Non-Black communities to strengthen your ability to be a strong ally**

[Implicit bias](https://www.workplacestrategiesformentalhealth.com/managing-workplace-issues/implicit-bias) - Workplace Strategies for Mental Health

[Inclusivity and Discrimination](https://www.workplacestrategiesformentalhealth.com/psychological-health-and-safety/inclusivity-and-discrimination) - Workplace Strategies for Mental Health

[White Privilege: Unpacking the Invisible Knapsack - Peggy McIntosh](https://www.racialequitytools.org/resourcefiles/mcintosh.pdf)

Please visit [The Hub](https://novascotia.sharepoint.com/sites/thehub) for additional anti-racism resources from the Diversity & Inclusion Unit.

\*Additional Therapists

Stacy Darku (ESINAM Counselling) - <https://www.esinamcounsellinginc.com/packages-rates>