

Mental Health Resources for Equity-Deserving Groups

Healing in Colour

A directory of therapists with lived experience and committed to supporting individuals in all intersections. Healing in Colour helps to connect the community with an aim to revitalize a legacy of healing, liberation work and resiliency practices that have been lost or taken.

For more information visit their [website](#).

Refuge: Hamilton Centre for Newcomer Health (HCNH)

Specializes in new immigrant and refugee health, including primary care, specialized services, and mental health support.

For more information, please call 905-526-0000 or visit their [website](#)

Black and People of Colour Communities

Black Health Alliance

Aims to reduce the racial disparities in health outcomes and promote health and well-being for people from the diverse Black communities in Canada with emphasis on the broad determinants of health, including racism.

For more information, please visit their [website](#).

Nisa Helpline

Nisa Helpline is a peer-to-peer counselling helpline available to Muslim women of all ages.

For more information, please call 1-888-315-NISA (6472) or visit their [website](#).

People with Disabilities

Canadian Association of Community Living

Provides mental health resources for those living with a disability.

For more information, please call 905-528-0281 or visit their [website](#).

Health Care Access, Research, and Developmental Disabilities (HCARDD)

Provides virtual mental health supports for people with development disabilities and their families.

For more information, please visit their [website](#).

Women

Women's Centre of Hamilton

Offers individual counselling, employment counselling and peer support programming.

If you are in crisis, please call 905-387-8888. For more information, please visit their [website](#).

2SLGBTQIA+ Communities

GOODHEAD

This website is for guys into guys (G2G) — gay, bisexual, queer, questioning, or men who have sex with men. It is a place for G2G to learn and build curiosity about the mental health issues affecting their communities and to help them locate mental health services in Ontario.

For more information, please visit their [website](#).

Hamilton Trans Health Coalition (HTHC)

The Hamilton Trans Health Coalition is composed of family physicians, paediatricians, nurses and other health care providers, social workers and trans Hamiltonians working together to increase the capacity of Hamilton's primary health care system to deliver high-quality healthcare to trans people.

For more information, please contact: info@hamiltontranshealth.ca or visit their [website](#).

Rainbow Health Organization

RHO is a province-wide program run by Sherbourne Health that works to promote the health of Ontario's LGBTQ2+ communities and improve their access to services. They have a comprehensive directory of LGBTQ2+ resources available in Ontario.

For more information visit their [website](#).

Umbrella Mental Health Network

The Umbrella team consists of highly skilled, compassionate, radical psychologists, psychotherapists and social workers who have shared expertise in supporting and promoting health and wellness within a 2SLGBTQIA mental health framework. Their therapeutic approach is grounded in values of feminism, social justice, and decolonization, and shapes how their therapists practice trauma-informed and anti-oppressive mental health care.

For more information, please visit their [website](#).

Indigenous Communities

De dwa da dehs nye>S | Aboriginal Health Centre

Mental Health and Addiction Services - Mental health & addictions services for all members of the urban indigenous community in the regions of Hamilton, Brantford/Brant and Niagara. The Centre's services are strength-based in practice and collaborative in process of wholistic treatment planning. All services are informed by a trauma and attachment perspective.

Traditional Healing - Services are available to the Aboriginal community at large. A team of community approved healers, teachers and, facilitators who dedicate themselves to bring about an awareness of true spiritual heritage are available to support you.

For more information, please contact info@dahac.ca or visit their [website](#).

Hope for Wellness

Offers immediate mental health counselling and crisis support for all Indigenous peoples across Canada.

For more information, please contact 1-855-242-3310 or visit their [website](#).

Kids Help Phone

Provides a texting option for Indigenous youth and adults to connect with a First Nations, metis, or Inuit crisis responder. Youth text 68 68 68 and adults text 741 741 with the words "First Nations" or "Metis" or "Inuit" to be connected to a crisis responder from their nation if one is available (Indigenous crisis responders are not guaranteed but will be prioritized).

For more information, please visit their [website](#).

Native Women's Centre

The Native Women's Centre provides a safe, emergency shelter for all women regardless of age, ancestry, culture, place of origin or sexual orientation with or without children who are experiencing crisis in their lives due to family violence, homelessness, or conflict with the law. 24 hours per day, 7 days per week including all meals, emergency clothing and personal need items for all residents.

For more information, please contact 1-888-308-6559 or visit their [website](#).

Residential School Survivors Society

The Indian Residential School Survivor Society (IRSSS) is a provincial organization with a twenty-year history of providing services to Indian Residential School Survivors. IRSSS provides essential services to Residential School Survivors, their families, and those dealing with Intergenerational traumas.

For more information, please contact reception@irsss.ca, 1-800-721-0066, or visit their [website](#). To reach the 24-hour crisis line, please call 1-866-925-4419.

Talk 4 Healing

Indigenous women can get help, support and resources seven days a week, 24 hours a day, with services in 14 languages.

For more information, please call 1-855-554-4325 or visit their [website](#).