



Public Health
Agency of Canada



Promoting Health Equity:

Mental Health of Black Canadians Fund

The [Promoting Health Equity: Mental Health of Black Canadians Fund](#) supports community-based projects across Canada to develop more culturally-focused knowledge, capacity, and programs aimed at improving mental health in Black communities.

**Outcomes and Impacts from
Implementation funding stream projects**



Implementation funding stream



Funding to support multi-year community-based projects that implement and evaluate culturally focused programs that promote mental health and address its determinants for Black communities. In addition, incubator stream funding recipients who demonstrated success in increasing their capacity and readiness were invited through a targeted solicitation to apply for additional funding to implement the project idea developed through the initial incubation process.



A sub-stream focused on Black LGBTQI+ populations to generate, synthesize and mobilize knowledge on the unique needs of Black LGBTQI+ populations in Canada and support future interventions or culturally responsive programs that address mental health and its determinants for these populations.



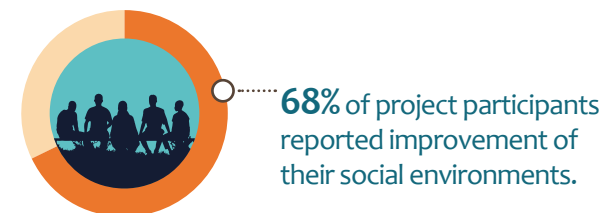
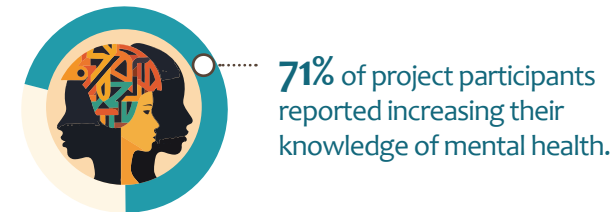
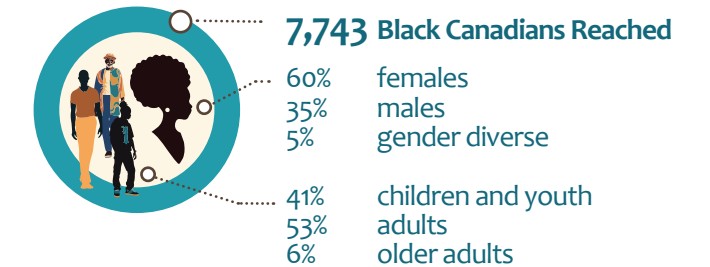
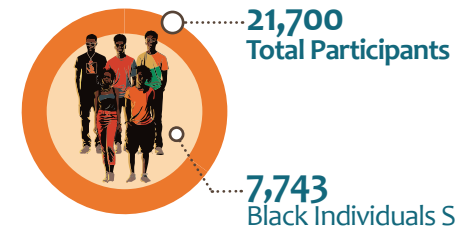
A sub-stream to develop a national Knowledge Mobilization Network to facilitate knowledge mobilization and capacity building across all funded projects and with the broader community of Black Canadian practitioners, researchers, organizations and the people they serve.



Outcomes from the Implementation stream funded projects

From June 2019 to March 2022, preliminary findings indicate that: A total of over 21,700 people participated in project activities, including over 7,743 people who identified as Black that were reached directly through interventions that aimed to support their positive mental health. The other participants reached include individuals who indirectly benefited from

participation in project interventions, for example, health professionals, educators and other community members who were trained through project interventions, completed surveys, and participated in focus groups and advisory committees, and include individuals who are Black and from other population groups.



Impacts and opportunities: What we heard from project participants

“ It doesn't take a lot to practice self care. Coming together with your family and painting is one way to practice self-care and it is not expensive like going to a spa. ”

“ It [our mental health] has changed tremendously. We have different ways to cope and are aware of ourselves generally. ”

“ Instead of saying 'Oh I'm tired' or 'I need some time to myself,' I can actually talk to them [parents] now and say 'Hey, I'm feeling this way. Can we do something to fix it?' ”

“ I felt more relief knowing that I'm not going through certain struggles alone and that there are people willing to help. ”

“ This project was very informative and allowed me to understand more about my own mental health and stigmas surrounding mental health in general. The group leader was very supportive and knowledgeable. I thoroughly enjoyed the experience. ”



Limitations:

This infographic includes completed and on-going projects, as such, the results presented in this infographic reflect a mix of preliminary and final project results. Data is drawn from annual and final project reports submitted to PHAC. Results should be interpreted with caution because of the small sample size available for some on-going projects.



More Information:

[Promoting Health Equity: Mental Health of Black Canadians Initiative](#)

[Promoting Health Equity: Mental Health of Black Canadians Fund 2018-2024](#)

[MHBC Project Stories](#)

[Black Wellness Network Website](#)

Graphic Design:

Michael Scheianu (fiveline.ca)