

## Faculty of Law, Common Law Section: Anti-Black Racism Supports Mental Health and Community Resources

### FACULTY OF LAW CONTACTS

#### Counsellors:

Please connect with either law school counsellor for support in connecting with Black counsellors and/or navigating anti-Black racism services and resources.

Equity & Student Success Counsellor: [clawacc@uottawa.ca](mailto:clawacc@uottawa.ca)

Our **Equity and Student Success Counsellor** will work with you to help clarify various personal issues and learn strategies that can help you cope with the challenges you are facing in your educational, personal and professional lives in order to promote a successful experience in law school.

Mental Health & Wellness Counsellor: [couns@uottawa.ca](mailto:couns@uottawa.ca)

Our **Mental Health and Wellness Counsellor** provides [a range of mental health services](#), including assessments, short-term counselling and referrals to specialized and long-term counselling services. The services are provided from a holistic and collaborative approach since our counsellor is a member of the University of Ottawa's [Counselling Services](#) staff. To schedule an appointment, please email [couns@uottawa.ca](mailto:couns@uottawa.ca).

Black Legal Mentor-in-Residence: [Samantha Peters](#)

Student may schedule a virtual meeting with Samantha Peters via The Source (under 'Appointment' – Black Legal Mentoring).

Student-Led Support at Faculty of Law: [www.blsaottawa.com](http://www.blsaottawa.com)

The Black Law Students Association "BLSA" has the mission of supporting Black Law Students, building community and to spread awareness and educate.

### ANTI-BLACK RACISM MENTAL HEALTH RESOURCES

Single Session, Short-Term Counselling & Group Counselling on Campus at the uOttawa Counselling Services - Specialized Counsellor:

The University of Ottawa Counselling Services – students may request a Black or racialized counsellor when they contact the service for an appointment at [couns@uottawa.ca](mailto:couns@uottawa.ca) or 613 562-5200.

## Help Lines:

- Black Youth Helpline: 1-833-294-8650 <https://blackyouth.ca/>
- Youth Services Bureau (YSB) [crisis line](#) (available 24/7) 613-260-2360
- [Good2talk](#) . This 24h/7 day a week service is not *specialized* in Anti- Black Racism though Counsellors are required to have training in diversity and racism. Ph: 1-866-925-5454 or **Text GOOD2TALKON to 686868**
- [Blackline](#) – A 24/7 volunteer run hotline (accepts calls or texts), Blackline provides a space for peer support & counselling, reporting of mistreatment, affirming the lived experiences of people who are most impacted by systemic oppression with an LGBTQ+ & Black femme lens. 1-800-604-5841 (call or text).
- [OUR CARIBBEAN -CANADIAN COMMUNITY](#) - For people who have Caribbean heritage/ethnicity: “Crisis support for the Caribbean-Canadian community. We are here to listen.” Text HELLO to 1-855-574-0574
- **Mental Health Crisis Line** 613-722-6914 (within Ottawa) or toll-free 1-866-996-0991 (outside of Ottawa)
- **The distress line** – 613-238-3311
- **The Ottawa Pastoral Counselling Centre Telephone Counselling:** 613-235-2516 x 0

## Single Session or Short-Term Counselling off-campus:

- Ottawa Community Immigrant Services Organization (OCISO): 613-725-5671x31;  
Email: [info@ociso.org](mailto:info@ociso.org)
- [Counselling Connect](#) – This service offers same-day or next day mental health counselling appointment which will be provided by OCISO, participating Community Health Resource Centers, or other counselling agencies. You may request a Black counsellor at intake. This service is available to children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list.
- [Your Community Health Resource Centre](#)\* may have Black Counsellors available as part of their same day walk-in counselling service and/ or short-term counselling services. Please contact [Your Community Health Resource Centre](#) individually. In addition to CHCs that are participating in the [counselling connects](#) program: Sandy Hill, Somerset West, Centretown, South-East Ottawa, Carlington, Vanier. You may request a Black counsellor on intake.
- Togetherall: <https://togetherall.com/en-ca/>: An online peer-to-peer support community for your mental health.

## Group Counselling:

- uOttawa Counselling Services- online group:  
<https://sass.uottawa.ca/fr/counselling/programmes-de-groupes>
  - This support group is for uOttawa students belonging to Black communities. It will be facilitated by two racialized psychotherapists [Pierre, K. Bercy, MBA, MA, RP(Q), CCC and Bernadette Ingungu, M.A Counselling, RP (Q), CCC.] and will be an opportunity to take stock of the situation and to better understand what is going on inside you and around you.

- Jaku Konbit: Black youth support group - 613-567-0600

### Long-Term Counselling offered by Black Counsellors:

If you are seeking support from a counsellor in private practice, please note that you have group insurance coverage for mental health services via your uOttawa Greenshield plan as a JD student.

Details of the group insurance plan for J.D students is found here: [Greenshield](#) Mental health services are included in this plan. This plan **covers 80% of the cost of the practitioner with a maximum coverage of \$1,500 per policy yearly (2019-2020 year /subject to change)**. The practitioner must be a psychologist, registered social worker or licensed mental health professional.

Please email [clawacc@uottawa.ca](mailto:clawacc@uottawa.ca) for a list of Black counsellors working in private practice.

### Empower Me: Greenshield's Empower Me Program

The [Empower Me](#) program is a confidential support and counselling program for undergraduate (J.D.) students There no additional cost to you to access this. Services and support include online, telephone ( and when health conditions permit: in person) access to consultants, counsellors and life coaches and wellness resources at [iAspiria mobile app](#). Black counsellors are available on request. If a Black counsellor is not immediately available within the Empower Me staff in the requested jurisdiction, the Empower Me staff will connect you with a Black counsellor in your area.

For immediate access: Call the **24/7 helpline** at 1-844-741-6389 from anywhere for immediate crisis support.

Online booking using the [Empower Me website](#) and use "Studentcare" as the password.

### The Safe Place App:

<https://apps.apple.com/us/app/the-safe-place/id1349460763>

The Safe Place is a mental health app geared specifically towards the Black community.

The purpose of *The Safe Place* is to bring more awareness, education, and acceptance on the topic of mental health. Not only can the Black community benefit from this app, but also mental health professionals, friends, and family of all colors can be better educated on this serious issue and do a service by directing their black friends, co-workers, etc. to this app...Some of The Safe Place's features include:

1. Black mental health statistics
2. Self-care tips
3. Mental health videos and podcast
4. Mental health articles

## On-Campus: Non-Counselling Supports

- Human Rights Office: <https://www.uottawa.ca/respect/en>
- Office of the Ombudsperson: <https://www.uottawa.ca/about/governance/ombudsperson>

## COMMUNITY SUPPORTS (Non-Counselling)

### Legal and Law Related Supports:

- [Canadian Association of Black Lawyers](#): CABL's continuing goal is to bring together law professionals and other interested members of the community from across Canada to cultivate and maintain The Association of Black professionals in Canada.
- [Black Legal Action Centre](#)
- Human Rights Legal Support Centre and OHRC  
[http://www.ohrc.on.ca/sites/default/files/media/html/call-it-out\\_en/index.html](http://www.ohrc.on.ca/sites/default/files/media/html/call-it-out_en/index.html)

### Ottawa Community Groups Addressing Anti-Black Racism and Racism and Offering Culturally Specific Supports

- [Justice for Abdirahman Coalition](#)
- [613-819 Black Hub Noir](#)
- [African Canadian Association of Ottawa](#)
- Support BIPOC-owned [businesses](#)
- [Somerset West Community Health Centre](#)'s Anti-Racism Community Initiative
- [United for All](#)
- Somali Centre for Family Services: 613-526-2075

### Provincial Community/ Advocacy Groups

Black Health Alliance <http://blackhealthalliance.ca/home/antiblack-racism/>