



Black Lives Matter –

Resources for Education and Support

We are in the midst of a civil rights movement, and League stands in solidarity with the Black community against racism, hate and injustice. The long-term effects of racism have a profound effect on mental health. If you're experiencing stress or anxiety or finding ways to show up as a stronger ally, we're here to listen, offer support, and connect you with resources.





Education

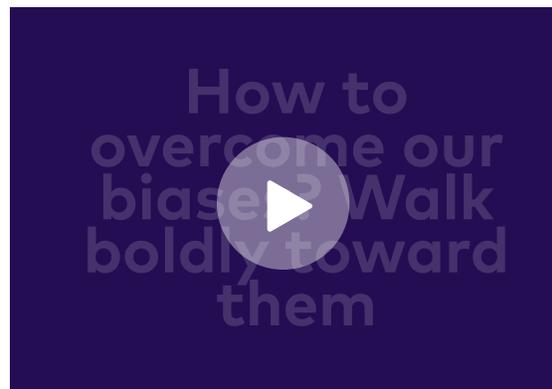
Showing up as a stronger ally starts with education. Below are some videos to watch for self-reflection and learning on key concepts of this movement.

To Watch



The difference between being "not-racist" and antiracist

Ibram X. Kendi • TED2020



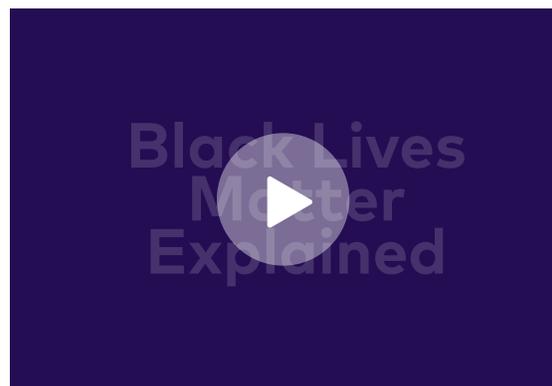
How to overcome our biases? Walk boldly toward them

Vernā Myers • TEDxBeaconStreet



What is systemic racism

Created by Race Forward



Black Lives Matter Explained

Channel 4 News



Help at League

We know it's not easy dealing with everything that's happening in the world today. Lean on us to get the help you need.

1 League Health Concierge

If you're feeling overwhelmed and don't know where to get support, our Health Concierge team is a great place to start. They'll take the time to understand your state of mind and your health history so they can recommend useful programs and resources to help you cope during this stressful time.

[Chat with Health Concierge >](#)

2 Inkblot

VIRTUAL THERAPY

It can be hard to process traumatic events and emotions on your own. If you're feeling lost, stressed, or need to talk to a professional, Inkblot is convenient and confidential. Remember that you have access to Inkblot services – a video mental health counselling service with over hundreds of qualified therapists – through your League app.

[Learn more >](#)

3 eMindful

MINDFULNESS SESSIONS FROM EXPERTS

If you enjoy online classes and want to work on your stress and resiliency, eMindful has on-demand and live video sessions to help. League members have a free eMindful trial until July 31, giving you access to hundreds of online classes and hundreds of hours of on-demand content to support your health and well-being.

[Learn more >](#)



Support the Black Community

We've partnered with charities that are working hard to support the Black community. If you're in a position to donate, you can do it easily right in your League app.

1 Ontario Black History Society

This registered charity is dedicated to the study, preservation and promotion of Black history and heritage.

[Donate Now >](#)

2 Black Health Alliance

BHA's mission is to help reduce the racial disparities in health outcomes and promote health and well-being for people from diverse Black communities. Their emphasis is on the broad determinants of health, including racism.

[Donate Now >](#)

3 Black Youth Helpline

BYH provides services to youth from all cultural backgrounds and culturally appropriate services for the most complex needs.

[Donate Now >](#)

4 The Black Business and Professional Association

This organization's mission is to advance Canada's Black communities by delivering programs that support business and professional excellence, higher education and economic development.

[Donate Now >](#)



Mental Health for the Black Community

It's critical to have access to culturally appropriate mental health support and services that recognize unique experiences, especially in the context of racial injustices. If you're a member of the Black community looking for providers who are Black, or openly inclusive, below are some options.

1 Black Health Alliance

MENTAL HEALTH SUPPORT

The Black Health Alliance is a community-led registered charity working to improve the health and well-being of Black communities in Canada. They have compiled a resource hub with resources catered to various needs such as mental health, men's health, sexual health, community safety services and more.

[Learn more >](#)

2 BEAM (Black Emotional and Mental Health Collective)

EMOTIONAL HEALTH CARE AND HEALING

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing. They do this through education, training, advocacy and the creative arts. They offer training sessions, access to black therapists, support to the black trans community, and a lot more.

[Learn more >](#)



Preventative/Primary Care for the Black Community

Racism can have long-term physiological effects. Black doctors and providers are important – there are parts of the Black experience that only a Black doctor would understand, and this collective understanding helps shape the way they care for their patients.

1 BPAO (Black Physicians' Association of Ontario)

ACCESSIBLE BLACK DOCTORS

BPAO is working to build a network of black physicians to serve the community. The organization hosts forums, events, and connects individuals with the appropriate resources to get the support they need.

[Get Care >](#)



Family and Maternal Health

Black women frequently face challenges in accessing proper care. In the US, non-hispanic Black women have maternal deaths at rates of 40 per 100,000 whereas non-hispanic white women have maternal deaths at rates of 12.4 per 100,000. Below are organizations led by black women focused on overcoming these health obstacles.

1 Mommy Monitor

Mommy Monitor's mission is to educate, empower and provide culturally sensitive care to pregnant women to ensure a safe, happy and stress-free pregnancy. They are committed to being the world's best patient centered and culturally competent integrated health care app to improve the health of mothers, one pregnancy at a time.

[Learn more >](#)

2 Black Mamas Matter

Black Mamas Matter Alliance is a Black women-led organization that empowers women by advocating, driving research, building power, and shifting culture for Black maternal health, rights, and justice.

[Learn more >](#)