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MEDIA CONTACT: Kearie Daniel

Email: info@bwhealthinstitute.com

Website: www.healthforallBlackwomen.com

“THERAPY SHOULDN’T BE A PRIVILEGE” – NEW PROGRAM LAUNCHES TO PROVIDE FREE MENTAL HEALTH SUPPORT FOR BLACK YOUTH & ADULTS ACROSS CANADA

Black Canadians Face a Mental Health Crisis—This National Program is Breaking Barriers to Access

Toronto, ON – March 5, 2025 – Recognizing the ongoing barriers to mental health care for Black communities, a first-of-its-kind national initiative is stepping in to provide support. The Black Women’s Institute for Health (BWIH) is launching Healing Pathways, a free, trauma-informed therapy program offering Black youth and adults across Canada up to nine therapy sessions at no cost.

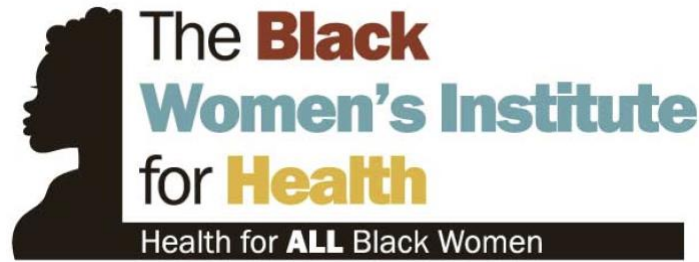
With mental health services often out of reach for Black communities due to financial barriers, systemic anti-Black racism, and a lack of culturally competent care, Healing Pathways ensures that Black Canadians can access the support they deserve.

GreenShield, Canada’s only national non-profit health and benefits company, partners with BWIH to support the launch of the Healing Pathways program. GreenShield focuses on building culturally appropriate solutions, partnering with organizations that understand the unique needs of their community, with the ultimate goal of creating the most culturally appropriate ecosystem that advances health equity for all Canadians.

BWH also received additional support from **The Medavie Foundation** to expand mental health care for Black youth aged 12-25, providing early intervention and culturally appropriate care during crucial years of development.

“There is no question Black communities are struggling, and the need for mental health support is urgent,” says Kearie Daniel, Founder and Executive Director of BWIH. *“We are hearing from Black youth, mothers, and elders who are in distress, but they can’t afford therapy, can’t find a Black therapist, or have been dismissed by the healthcare system. Healing Pathways is about breaking those barriers so that Black Canadians can receive the care they need, from professionals who understand their lived experiences.”*

“Through collaborative efforts with partners like the Black Women’s Institute for health, we address the pressing need for culturally sensitive mental health support within the Black Canadian community,” says Mandy Mail, Executive Vice President, GreenShield Cares. *“Healing Pathways is more than a program – it’s an important step toward health equity, breaking down barriers to ensure that Black Canadians have access to the mental health care they need.”*



A Program Designed for Black Communities, By Black Communities

Healing Pathways ensures that Black youth and adults are no longer left behind in Canada's mental health conversation.

This program is designed to:

- Provide nine free therapy sessions with a culturally competent therapist
- Ensure access to Black clinicians who understand racial trauma, discrimination, and identity-based stress
- Offer virtual therapy so participants can receive support from anywhere in Canada
- Create a safe and affirming space for healing—free of judgment and systemic bias
- Invest in long-term change by advocating for Black mental health policy and systemic solutions

How to Access Healing Pathways

Black youth and adults in Canada can register for free therapy by completing the intake form [here](#)

Launch Date: March 3, 2025 (Black Mental Health Week)

Location: Virtual, available across Canada

BWIH encourages **media, community organizations, and policymakers** to recognize **Black Mental Health Week** as an opportunity to demand **sustained investment in Black mental health services** and push for **long-term funding solutions**.

For media inquiries or to interview a representative from BWIH, please contact:

info@healthforallBlackwomen.com

About the Black Women's Institute for Health (BWIH)

The **Black Women's Institute for Health (BWIH)** is a national organization dedicated to **advocating for the health and survival of Black women and girls in Canada**. Through **research, policy advocacy, and direct service programs**, BWIH works to **dismantle systemic barriers in healthcare and create equitable access to mental health resources for Black communities**.

For updates on Black mental health initiatives, follow us on: Instagram, Facebook, LinkedIn, TikTok: @healthforallBlackwomen