



Where We Are

● **Montreal**
bmhcmtl.ca

Contact

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About the Black Mental Health Connections (BMHC) Montreal Project

BMHC Montreal's project goal was to expand their community education focus and ensure the sustainability of their organization. Through workshops, events, and online education, the project made understanding mental health accessible for an English-speaking Black audience. Further, by providing support to their existing community care programming, this project contributed to the sustainability of the care networks they developed in Montreal's Black communities.



Culturally relevant community mental health support provided sustainable personal and system-level positive impact on Black individuals and is therefore a promising practice.



Promising Practice

BMHC implemented small, closed, peer support groups for individuals who could not access traditional mental health services. The belief was that culturally relevant community mental health support fosters sustainable, positive impact on Black individuals and is therefore a promising practice. This kind of support also had the ability to make a system-level impact as each group grew together, learned individual coping skills and how to support each other, and found ways to continue doing so beyond the intervention having taken this knowledge into their personal networks.

★ **Key Success Factors**

- Funding for program delivery
- Diversified avenues of promotion