

outreach worker and counselor at the Somerset West Community Health Centre.

“Some of the reflections that we have heard in the community is having a service that is offered by someone who may see a little bit of yourself in. It makes it a little bit easier to access,” she added.

OPH has expanded its role to foster resilient communities by acting on recommendations from the study to develop and deliver faith leader training on mental health literacy and supports, stigma and suicide prevention.

In continuation to increase their efforts to contribute to mental health and substance use health initiatives for Black communities, OPH is an active member of the Ottawa Black Mental Health Coalition.

KT reached out to OBMHC, but did not hear back ahead of publication.

“OPH will continue to explore opportunities to facilitate the implementation of community-based strategies that promote mental health and reduce stigma,” Arden concluded.



Left: Justice for Abdirahman Coalition organizers hold a banner outside of 55 Hilda St. on the fourth anniversary of Abdirahman Abdi's death.

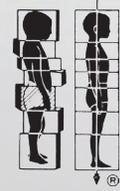
FILE PHOTO BY MAUREEN MCEWAN.

Insert: Constable Daniel Montsion was found not guilty.

Middle insert: A photo of Abdirahman Abdi.

Above: Flowers placed outside of the Hilda Street apartment where Abdi was killed in 2016.

FILE PHOTO BY CHARLIE SENACK.



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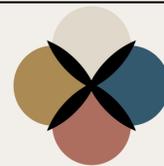
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