Requests for mental health care higher than ever for racialized communities hardest hit by COVID-19

Policymakers urged to address the inequities that made visible minorities more vulnerable to COVID as the city and province look to move forward from the pandemic.

By Nadine Yousif  Mental Health Reporter
Sun., May 15, 2022  |  5 min. read

Article was updated May. 16, 2022

Before the COVID-19 pandemic, more than 40 people walked through the doors of Across Boundaries daily, looking for anything from art therapy, to literacy lessons, to a healthy meal for breakfast or lunch.

But as the virus began to spread, the mental health agency focused on helping racialized communities in Toronto’s northwest quickly began losing touch with many of the people it helped.