

Wellness Resources

Crisis and Emergency Contacts

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Emergency	911	<ul style="list-style-type: none"> • Call for emergencies that need immediate actions from a fire, police or medical department
Reach Out Crisis and Support Line – 24/7	519-433-2023 or 1-866-933-2023 or confidential web chat available at https://reachout247.ca/	<ul style="list-style-type: none"> • Serves Elgin, Oxford, Middlesex and London • Potential reasons for reaching out: <ul style="list-style-type: none"> ○ Crisis intervention including access to a mobile crisis team ○ Emotional trauma, distress or relapse ○ Thoughts of suicide or harming yourself or others ○ Access to community supports and addictions treatment ○ Substance use, gaming, internet disorder and problem gambling ○ General information about mental health and addictions
Anova - Abused Women's Helpline – 24/7	519-642-3000 or 1-800-265-1576	<ul style="list-style-type: none"> • Provide support, crisis counselling, direction, safety planning
Youth Crisis & Intake Team – 24/7	519-433-0334	<ul style="list-style-type: none"> • Crisis Response and 24/7 telephone support with brief follow-up counselling in urgent situations • Provides support to Children and Youth from birth to 18 yrs of age and their parents/guardians • The Crisis and Intake team coordinates the intake process for Vanier, Craigwood and WAYS
Kids Help Phone – 24/7	Text CONNECT to 686868 or call 1-800-668-6868 or connect via Facebook Messenger https://kidshelpphone.ca/	<ul style="list-style-type: none"> • Support with any issue on your mind, big or small. Examples may be bullying and abuse, friends and family, emotional well-being and more! • Provides support for mental health and well-being
Atlohsa Native Family Healing Services Crisis Line – 24/7	519-432-0122 or 1-800-605-7477	<ul style="list-style-type: none"> • Support to First Nations communities to promote the physical, mental, emotional and spiritual needs of First Nations women, men and children

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<ul style="list-style-type: none"> Zhaawanong Shelter provides emergency shelter and support for Indigenous women and their children who are at risk of violence, abuse and/or homelessness
Canadian Human Trafficking Hotline – 24/7	1-833-900-1010	<ul style="list-style-type: none"> If you or someone you know is a victim/survivor of human trafficking, or you think someone might be, they can help
Good2Talk – 24/7	1-866-925-5454 or Text GOOD2TALKON to 686868 https://good2talk.ca/	<ul style="list-style-type: none"> Post-secondary student helpline Provides professional counselling and information and referrals for mental health, addictions, and well-being Free, professional, and anonymous support for students in Ontario
Hope for Wellness 24/7	1-855-242-3310 or online chat at https://www.hopeforwellness.ca	<ul style="list-style-type: none"> Counselling and crisis intervention for Indigenous people Available in English & French as well as Cree, Ojibway and Inuktitut on request
Crisis Services Canada 24/7	1-833-456-4566 or text 45645 from 4 pm - midnight https://www.crisisservicescanada.ca	<ul style="list-style-type: none"> Connect with trained crisis responders

Community Mental Health Programs

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
211 Ontario 24/7	Call 211 or email 2-1-1 or live chat at https://211ontario.ca/	<ul style="list-style-type: none"> Through partnerships with United Way, each province and territory has access to 211, a database of social support resources
Addiction Services of Thames Valley in French	519-673-3242 ext 271 or 226-377-6654 adstv.on.ca/frenchmentalhealth/	<ul style="list-style-type: none"> For individuals and families who speak French and have addiction and/or mental health concerns Services London, Middlesex, Elgin, Oxford, Huron-Perth, Grey-Bruce and Norfolk <p>Services include:</p> <ul style="list-style-type: none"> mental health and addiction screening, assessment and treatment planning development of an individualized plan of care

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<ul style="list-style-type: none"> • case management services • links to appropriate local healthcare and other support services • coordination of consultations with French-speaking mental health and addiction professionals, including psychiatrists if needed, consultations in person or via Ontario Telemedicine Network services
Canadian Hearing Services – London Region CONNECT Mental Health Counselling	1-866-518-0000 or Teletype 1-877-215-9530	<ul style="list-style-type: none"> • Mental health counselling, including abuse, addictions, relationship breakdown, and legal advocacy to those who are deaf, oral deaf, deafened and hard of hearing, and their families
Canadian Mental Health Association (CMHA) – Middlesex Branch	519-668-0624 or 1-855-668-0624 https://cmhamiddlesex.ca/	<ul style="list-style-type: none"> • Support adults and youth 16 years and older with a serious mental illness • Mental health organization providing community-based services and housing supports * promotes mental health through outreach, social action, advocacy, education, and research
Canadian Mental Health Association (CMHA) – London Huron St site	519-434-9191 or 1-855-668-0624 https://cmhamiddlesex.ca/branches/huron-street-site-information-intake-and-referral/	<ul style="list-style-type: none"> • Serves London, Middlesex County and Huron County • Support adults and youth 16 years and older with a serious mental illness • Community Clinic provides psychiatric services for those who do not have access to this service in the community, services include consultation and follow-up • Mental health information and referral for people seeking services and support; may also assist with needs related to housing or income and filling out forms
Canadian Mental Health Association (CMHA) – Strathroy site	519-245-0120 or 1-888-216-6716 https://cmhamiddlesex.ca/programs-services/rural-services-strathroy/	<ul style="list-style-type: none"> • Strathroy site is a hub for community mental health services across North Middlesex, South Middlesex, Strathroy Caradoc, Adelaide Metcalfe, Middlesex Centre and Lucan Biddulph • Support adults and youth 16 years and older with a serious mental illness • Dialectical Behavioural Therapy (DBT) for those who have self-harming behaviours, have a difficult time regulating

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<p>their emotions and who would like to learn new strategies for coping and mindfulness</p> <ul style="list-style-type: none"> • Mind over Mood (Cognitive Behavior Therapy) Group program for adults who are experiencing depression, anxiety, a difficult life transition or situation • Persuasion Group Peer support group for people struggling with both addictions and mental health issues • Transitional Case Management Services Mental health support to adults with a serious mental illness
Canadian Mental Health Association (CMHA) - Elgin	519-633-1781 or 1-855-633-1781 http://cmhaelgin.ca/	<ul style="list-style-type: none"> • Provide mobile and walk-in support to people who are feeling overwhelmed, unable to cope, or who are experiencing a crisis. We offer someone who can listen and who can provide practical support • Provide intensive Case Management services to people with severe mental illness aged 16 or older living in St. Thomas or Elgin County who need help working on skills for living independently. Case Managers provide advocacy and one-to-one help and support to people learning how to live with and manage their mental health. • Offer 6-8 brief solution focused counselling sessions to people with mental health symptoms aged 16 or older living in St. Thomas and Elgin County
CAN-VOICE (Consumer and Survivor Community Support Services)	519-434-8303	<ul style="list-style-type: none"> • Available to adults and youth 16 years and older who have used the mental health system • Mental health peer support organization; works to educate and empower consumers/survivors of the mental health system, community outreach such as orientation to the community, participatory art activities, sharing circles, social and educational activities, relaxation groups, and counselling, workshops and guest speakers, monthly events, calendar available at location
Child and Parent Resource Institute (CPRI)	519-858-2774 and 1-877-494-2774 https://www.cpri.ca/families/	<ul style="list-style-type: none"> • Available to children and youth up to 18 years, with complex, emotional and behavioural disorders and their families, guardians and caregivers

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<ul style="list-style-type: none"> Specialized services for children and youth with complex mental health or developmental challenges, specialized diagnostic assessment, consultation, education, research and treatment services, educational resources for children, youth and their parents, services provided in community and on-site
City Art Centre	519-433-0991 http://www.cityartcentreondonontario.ca/	<ul style="list-style-type: none"> Adults facing mental health challenges Offers a safe haven for adults who face mental health challenges to express themselves artistically, gain skills and facilitate recovery
Craigwood Children, Youth and Family Services	519-432-2623 Crisis and Intake Line: 519-433-0334 https://www.craigwood.ca/	<ul style="list-style-type: none"> Available to youth with mental health issues, 12-21 years of age, including young offenders and those with intellectual challenges Caregiver and children's services for youth with emotional, behavioural and psychological difficulties, and their families Residential care services, day treatment, youth justice secure detention and secure custody for young women * community-based services such as intensive family in-home service, parent education and skills training, one-on-one and family mental health counselling, walk-in clinics
Crest Support Services - Lucan	519-227-6766 https://www.crestsupportservices.com/	<ul style="list-style-type: none"> Available to adults 18 years and older with an intellectual disability and/or serious mental health issues Supports adults with a serious mental illness and/or a developmental disability by providing services that foster personal growth and participation as full citizens in their communities
LHSC - First Episode Mood and Anxiety Program	519-646-6000 ext 65178 https://www.lhsc.on.ca/femap-first-episode-mood-and-anxiety-program/who-we-are	<ul style="list-style-type: none"> Available to youth 16-25 years with limited or no past psychiatric treatment and relatively recent onset of problems from mood and/or anxiety symptoms Assessment and treatment of youth who are experiencing their first difficulties with mood and/or anxiety problems, treatment through medications and/or psychotherapy provided by psychiatrists, psychologists and social workers. Addictions therapy, family therapy and group therapy may also be offered

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
LHSC - Adult Mental Health Care Program	Automated Switchboard: 519-685-8500 General Information: 519-685-8380 Patient Information: 519-667-6619 https://www.lhsc.on.ca/mental-health-care-program-adult/welcome-to-the-mental-health-care-program-adult	<ul style="list-style-type: none"> • Mental health services for adults with a serious mental illness, time-limited mental health assessments and treatment, crisis intervention and stabilization • One-on-one and group services provided, coordination with community resources for follow-up treatment and community support provided as part of discharge planning • Geriatric Mental Health Program Inter-disciplinary out-patient assessment, treatment and referral for individuals 65 years and older who experience mental disorders
London InterCommunity Health Centre	519-660-0874 https://lihc.on.ca/programs/one-to-one-counseling-for-women-and-men/	<ul style="list-style-type: none"> • One-on-one, couple, family, and group counselling for registered clients, psychology and psychiatry services for primary health care clients registered with a doctor or nurse practitioner, mental health screening and assessments, short-term and long-term counselling
Vanier Children's Mental Wellness	Administration: 519-433-3101 Intake Services: 519-433-0334 https://www.vanier.com/	<ul style="list-style-type: none"> • Available to children, youth, families, and guardians who have behavioural, social, emotional difficulties • Children's mental health centre offering community-based assessment, counselling and treatment for children and families • Services include: <ul style="list-style-type: none"> ○ family therapy ○ parenting support ○ psychiatric and psychological assessment and consultation ○ parent, family, child and youth groups ○ in-home parent training ○ residential treatment
WAYS Mental Health Support	519-432-2209 https://ways.on.ca/	<ul style="list-style-type: none"> • Available to at-risk children, youth and their families • Community services and residential programs for children, youth and their families including residential care, foster care and community services in Southwestern Ontario • Supports through advocacy, counselling and teaching to create a healthy, responsible, sustainable lifestyle and positive self-esteem

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Children's Hospital London Health Sciences Centre - Child and Adolescent Mental Health Care Program and Day Program	Intake: 519-667-6640 https://www.lhsc.on.ca/child-and-adolescent-mental-health-care-program	<ul style="list-style-type: none"> • Available to children and youth up to 17 years of age and their families with a medical referral • Provides clinical services to children and youth with mental health difficulties • Day treatment program • Provides diagnostic assessment and treatments, including primarily group therapy, multidisciplinary team includes child and adolescent psychiatrists, social workers, psychologists, nurses, child and youth counselors, child and family therapists, dietitians, clerical support staff, teachers from W.D. Sutton school research and teaching
Children's Hospital London Health Sciences Centre - Child and Adolescent Mental Health Care Program – Eating Disorders Services	519-685-8500 ext 56158 https://www.lhsc.on.ca/child-and-adolescent-mental-health-care-program	<ul style="list-style-type: none"> • Available to children and youth up to 17 years of age with referral from Dr. who accepts responsibility for their care until client is seen • Services for people experiencing anorexia nervosa, bulimia and eating problems, including restricting, bingeing, purging, excessive exercising and low body weight <i>Inpatient Services</i> - For patients who are acutely ill * WD Sutton school provides education <i>Day Treatment</i> - For normalization of eating * WD Sutton school provides education <i>Outpatient Services</i> - Assessment and treatment
Children's Hospital London Health Sciences Centre - Child and Adolescent Mental Health Care Program – Inpatient Program	519-685-8500 ext 52091 https://www.lhsc.on.ca/child-and-adolescent-mental-health-care-program	<ul style="list-style-type: none"> • Available to children and youth up to 17 years of age and their families with a medical referral • Services for children and adolescents requiring short term admission for crisis stabilization and assessment of urgent mental health problems • Coordination with community resources is completed for follow-up treatment * clients may attend W.D. Sutton School while in hospital
Children's Hospital London Health Sciences Centre - Child and Adolescent Mental Health Care Program – Outpatient Program	519-667-6607 https://www.lhsc.on.ca/child-and-adolescent-mental-health-care-program	<ul style="list-style-type: none"> • Available to children and youth up to 17 years of age and their families with a medical referral • Assessment and treatment of children and adolescents with mental health difficulties of an internalizing nature

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<ul style="list-style-type: none"> • Recommendations for treatment made at the time of the assessment and may involve ongoing services or suggestions regarding alternatives in the community
Merrymount Family Support and Crisis Centre	519-434-6848 https://www.merrymount.on.ca/	<ul style="list-style-type: none"> • Available to children from birth up to 13 years and their families * especially those who are experiencing stress and need additional support and resources • Support, transition and crisis care for children and families designed to strengthen and support family life and the well-being of children * family support groups * overnight care * supervised access
South West Local Health Integration Network Home and Community Care - Mental Health and Addictions School Program	519-474-5667	<ul style="list-style-type: none"> • Available to students enrolled in an elementary or secondary school of either the Catholic or Public system who are facing mental health challenges, or who have an addiction, including students transitioning back to school from hospital/institution • Provide assessments, interventions and support to students and families with mental health and or addiction issues * consultation to school staff in regards to mental health and/or addiction issues as appropriate
Alzheimer Society London and Middlesex	519-680-2404 https://www.alzheimerlondon.ca	<ul style="list-style-type: none"> • Provides support programs and services for people with Alzheimer's disease and other dementias, Mild Cognitive Impairment (MCI), and their caregivers
Alzheimer Society of Elgin/St. Thomas	519-633-4396 https://www.alzheimer.ca/elgin	<ul style="list-style-type: none"> • Provides education, support, advocacy, social recreation and health care system navigation for persons living with dementia, their care partners and family members * dementia education for professionals and the general public
Alzheimer Society of Oxford	519-421-2466 https://www.alzheimer.ca/oxford	<ul style="list-style-type: none"> • Provides programs and services for people with mild cognitive impairment, Alzheimer's disease and other dementias, and their family members and friends
London Community Support Services Network	519-673-6617	<ul style="list-style-type: none"> • Central Intake service offered by Community Support Providers in London and Middlesex. Service includes information about existing community support services and how to register and access these services. CSS Central Intake is able to connect individuals to multiple community support services through a single intake.

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Oxford Community Support Services Network	1-888-866-7518	<ul style="list-style-type: none"> Central Intake service coordinating referral to services offered by Community Support Providers in Oxford County * service includes, information about existing services, accessing new service, changing or cancelling current service
Elgin Community Support Services Network	1-888-866-7527	<ul style="list-style-type: none"> Central Intake service offered by Community Support Providers in Elgin County * service includes information about existing services, accessing new services, changing or cancelling current service
McCormick Dementia Services	519-439-9336 https://www.mccormickdementiaservices.ca	<ul style="list-style-type: none"> Provides support for people with Alzheimer's disease and other dementias, and their caregivers
VON – Alzheimer and Dementia - Elgin	St Thomas: 519-637-6408 East Elgin: 519-765-2999 https://www.vonme.ca	<ul style="list-style-type: none"> Provides regular visits to people with Alzheimer's disease or dementia, for respite and companionship by trained volunteers Offers one-on-one support and education to people with Alzheimer's disease and related dementia and their caregivers * available at the VON office during in-home visits, as well as through regular telephone contact
VON – Alzheimer and Dementia - Middlesex	519-245-3170 https://www.vonme.ca	<ul style="list-style-type: none"> Offers one-on-one support and education to people with Alzheimer's disease and related dementia and their caregivers * available at the VON office during in-home visits, as well as through regular telephone contact
Operational Stress Injury Social Support - Southwestern Ontario	Peer Support: 905-572-4041 or 905-512-2497 Toll free: 1-800-883-6094 https://www.cafconnection.ca/National/Programs-Services/Mental-Health/Operational-Stress-Injury-Social-Support.aspx	<ul style="list-style-type: none"> National network that provides information and support for those affected by operational stress * education and training in the Canadian Forces community to create an understanding and acceptance of operational stress injuries * website includes print resources and self-assessment materials
St. Joseph's Healthcare London – Parkwood Institute, Mental Healthcare Building	519-646-6100 ext 47010 https://www.sjhc.london.on.ca/areas-of-care/mental-health-care/mental-health-care-treatment-and-rehabilitation-program	<ul style="list-style-type: none"> Inpatient and outpatient care for adults over 18 who have severe and complex mental illness that has not fully responded to treatment * mental illnesses are predominantly mood and psychotic disorders including bipolar mood disorder and schizophrenia

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<ul style="list-style-type: none"> • Services include assessment, stabilization, long-term rehabilitation and complex care * multidisciplinary teams provide care in inpatient, outpatient, and outreach settings
St. Joseph's Hospice	519-438-2102 https://www.sjhospicelondon.com/	<ul style="list-style-type: none"> • Support services that help bereaved clients adjust to the loss(es) associated with the death of a loved one, including individual and group counselling, spiritual care and complementary therapies
Munsee-Delaware Nation – Health Services	519-289-2957 Marilyn Halfday - Mental and Health and Wellness Worker 519-289-5396 ext 230 Dave Trudel - Mental Health and Addictions Worker 519-289-5396 ext 227 * mh@munsee.ca	<ul style="list-style-type: none"> • Community-led health teams develop programs to improve the social supports and conditions that affect long-term health * culturally appropriate programs and services for Aboriginals, combining traditional healing and Western medical practices
Oneida Nation of the Thames – Health Services	519-652-0500	<ul style="list-style-type: none"> • Serves all people registered, eligible to be registered and community members of Oneida Nation of the Thames • Health centre focused on family and community health * health professionals assess and treat non-life-threatening injuries or illnesses * referrals to other local health services and personal development groups available on and off reserve • Community-led health teams develop programs to improve the social supports and conditions that affect long-term health * culturally appropriate programs and services for First Nations, combining traditional healing and Western medical practices
VON – Hospice and Bereavement Services - Elgin	St Thomas: 519-637-6408 East Elgin: 519-765-2999 https://www.vonme.ca	<ul style="list-style-type: none"> • Provides companionship, respite care, and emotional support to people and their family/caregivers living with a life-threatening illness at any stage of illness from diagnosis on
VON – Hospice and Supportive Care - Strathroy	519-245-3170 https://vonme.ca/hospice	<ul style="list-style-type: none"> • Provides companionship, respite care, and emotional support to people and their family/caregivers dealing with a life-threatening illness at any stage of illness from diagnosis on * bereavement support for anyone who has experienced the death of someone close

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Wellspring London and Region Cancer Support Centre	519-438-7379 https://wellspring.ca/london-region/	<ul style="list-style-type: none"> • Provides programs and services to support individuals and families affected by cancer through diagnosis, treatment and beyond * services are professionally delivered and volunteer supported
LHSC – London Regional Cancer Program Supportive Care	519-685-8608 https://www.lhsc.on.ca/london-regional-cancer-program/about-london-regional-cancer-program	<ul style="list-style-type: none"> • Provides Social work, bereavement and counselling services to patients and their loved ones on an outpatient basis
Bereaved Families of Ontario – Southwest region	519-686-1573 http://bfolondon.ca/	<ul style="list-style-type: none"> • Bereavement support provided to parents and families following the death of a child at any age, including adult children and pregnancy loss * supports to children and youth who have experienced the death of a sibling or parent. Support is based on self-help/mutual aid and includes <ul style="list-style-type: none"> ○ one-to-one in person/telephone support ○ group meetings ○ community education regarding bereavement and its impact on families ○ guest speakers ○ lending library with books relevant to the grieving process and bereavement ○ special memorial events throughout the year
Community Action Network for Children and Youth Elgin	During Business Hours: 519-631-9800 ext 237 After Hours: 2-1-1 http://www.canelgin.org/protocol.html	<ul style="list-style-type: none"> • Available to youth ages 12-24 who are homeless or at risk of becoming homeless in Elgin County • Based on assessment the youth is provided supports and services to ensure they are housed in a safe location
Domestic Abuse Services - Oxford	519-539-7488 1-800-265-1938 or text: 519-788-9993 519-539-4811 or 1-800-265-1938 https://www.daso.ca/	<ul style="list-style-type: none"> • Available to women 16 years and older who have been either physically, emotionally and/or sexually abused and their children • Provides residential and community-based services for women and their children in Oxford County impacted by domestic abuse and/or homelessness
Victim Services of Middlesex/London	519-661-5636 https://www.vsmiddlesex.org/	<ul style="list-style-type: none"> • Serves London/Middlesex • Contracted by the Ministry of the Attorney General to deliver The Victim Crisis Assistance Ontario (VCAO)

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<p>Program. VCAO programs work in partnership with local police and emergency services</p> <ul style="list-style-type: none"> On-site early intervention and crisis intervention, needs assessment, safety planning, referrals to community services, provision of cellular telephones for eligible victims, enhanced support for vulnerable victims, etc.
Victim Services Elgin - Victim Crisis Assistance Ontario	519-631-3182 https://www.victimserviceselgin.com/	<ul style="list-style-type: none"> Serves Elgin county On-site early intervention and crisis intervention, needs assessment, safety planning, referrals to community services, provision of cellular telephones for eligible victims, enhanced support for vulnerable victims, etc.
Wellkin Child and Youth Mental Wellness	519-539-0463	<ul style="list-style-type: none"> Serves Elgin and Oxford county Available to Newborn to youth 18 years and their parents/caregivers Community-based one-on-one, family counselling, group services and parenting programs * 24 hour crisis/urgent response service * additional services include in-home intensive services, adult protective services, autism services and youth corrections
Violence Against Women - Mental Health Crisis Response for Abused Women	519-633-0155 http://www.vawsec.on.ca/womens-place-elgins-emergency-shelter/	<ul style="list-style-type: none"> Serves Elgin County Available to women, 16 years and older, who have experienced abuse and their children, family and friends Safe secure shelter for women who have been abused and their children, temporary accommodation with basic necessities, crisis support provided by professional counsellors, drop-in counselling available anytime, legal consult available with lawyers by appointment, emergency transportation to safety available from anywhere in St Thomas and Elgin County
St. Josephs Health Care London - Regional Sexual Assault and Domestic Violence Treatment Program	519-646-6100 ext 64224 https://www.sjhc.london.on.ca/areas-of-care/sexual-assault-and-domestic-violence-treatment-program	<ul style="list-style-type: none"> Available to adults and children experiencing known or suspected sexual assault or domestic violence Care for women, children, and men experiencing sexual assault and/or domestic violence Covered by OHIP

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Women's Rural Resource Centre of Strathroy and Area	519-246-1526 or 1-800-265-5390 (24-hour) https://wrrcsa.org/	<ul style="list-style-type: none"> • Available to abused women and their children • Education, prevention and support services for women and families impacted by abuse
Elder Abuse - Elgin	1-866-299-1011 http://www.eapon.ca/links/elder-abuse-networks-in-ontario/west-networks/	<ul style="list-style-type: none"> • Serves Elgin County • Addresses elder abuse through education, advocacy and liaison with community resources, multidisciplinary case consultation, training and resources for professionals and the general public available upon request, assistance with referrals
Elder Abuse London Middlesex	519-685-8500 ext 75511 Support line daily 24 hours: 519-601-8055 or 1-844-360-8055 https://www.ealm.ca/	<ul style="list-style-type: none"> • Serves London and Middlesex • Promotes the awareness and education of elder abuse to the general public and service providers, conducts presentations on elder abuse, assists with ongoing research, supports the development of an overall community response to elder abuse
Canadian Mental Health Association - Middlesex Branch – Eating Disorders Residence	519-204-1091 https://cmhamiddlesex.ca/programs-services/eating-disorders-residence/	<ul style="list-style-type: none"> • Available to adults ages 18 and older who have an eating disorder diagnosis and require 24-hour support to interrupt eating disorder symptoms, are attending or plan to attend the LHSC Day Treatment Service, are residing outside of London and require a temporary residence to attend the Day Treatment Service, have a BMI of 16.5 and higher, able to care for their physical needs of hygiene, dressing and laundry • Voluntary 8-bed residence for adults with an eating disorder, specialized supports and programs for adults with an eating disorder diagnosis who require 24-hour support to interrupt symptoms • Offered in partnership with London Health Sciences Centre's Adult Eating Disorder Services * day treatment programs offered
Hope's Eating Disorders Support	1-866-933-2023 about (hopeseds.org)	<ul style="list-style-type: none"> • Serves London, Middlesex, Elgin, Oxford and Perth counties • Available to people struggling with disordered eating and their families • Support and resources for people living with an eating disorder and those affected by eating disorders

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<ul style="list-style-type: none"> • Services include: <ul style="list-style-type: none"> ○ facilitated support groups ○ referrals to community resources ○ support and education for friends, parents and family members ○ community education and awareness
Overeaters Anonymous - London Region	https://oa.org/	<ul style="list-style-type: none"> • Serves London, Middlesex and Oxford counties • Available to people with the desire to stop compulsive eating habits or with eating disorders • World-wide 12-step program to overcome compulsive eating compulsive food behaviours (e.g. anorexia nervosa, bulimia or weight preoccupation) * numerous meetings per week in various locations throughout London and area
Canadian Mental Health Association – Elgin – Supportive Housing Program	519-633-1781 or 1-855-633-1781 http://www.cmhaelgin.ca/housing/supportive-housing/	<ul style="list-style-type: none"> • Serves Elgin County • Available to adults and youth 16 years and up with a serious mental illness and able to live independently • Safe, secure, supportive, affordable, permanent independent living accommodations for people with a serious mental illness • <u>Community Homes for Opportunity (CHO)</u> - Supportive housing program located in private homes, with admission, programs and supports provided by a community mental health team • <u>Community Homes for Opportunity (CHO)</u> - Supportive housing program located in private homes, with admission, programs and supports provided by a community mental health team
Canadian Mental Health Association – Middlesex, London - Salvation Army Centre of Hope - Housing First Program	519-433-1071 ext 4400 or 1-855-668-0624 https://cmhamiddlesex.ca/programs-services/housing-first/	<ul style="list-style-type: none"> • Serves London and area • Available to adults and youth 16 years and older with a serious mental illness, people who are homeless, have a history of homelessness, or are at imminent risk of becoming homeless and who do not have any formal community supports, may not be treatment ready but would benefit from and should be open to support with housing security, learning activities of daily living, harm

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<p>reduction, and support with reintegration into the community</p> <ul style="list-style-type: none"> • Community-based housing support services, Housing Stability Worker assists with locating and securing housing, develops an action plan to meet client's needs, action plan includes goal setting and strategies to work towards community stability • Supports may include: <ul style="list-style-type: none"> ○ finding and securing permanent housing ○ support with activities of daily living (cooking, cleaning) ○ support with community appointments and grocery shopping ○ financial/budgeting needs ○ crisis management and/or prevention ○ substance use and addiction support ○ support in addressing physical and mental health needs ○ information and referral to community resources and services ○ building community relationships and support networks ○ community recreation and leisure activities
Canadian Mental Health Association – Middlesex Branch – Supportive Housing	519-668-0624 or 1-855-668-0624 https://cmhamiddlesex.ca/types-programs-services/housing/	<ul style="list-style-type: none"> • Serves London and Middlesex • Available to adults and youth 16 years and older with persistent mental illness who are characterized as complex with a history of lengthy and/or multiple hospital stays * have rehabilitation potential and readiness as well as a desire for improved mental health • Living alternatives to hospitalization in a home-like setting with staff support • Subsidized monthly rent
New Beginnings Residence	519-631-4937	<ul style="list-style-type: none"> • Serves St. Thomas and area • Available to adults with mental illness who are relatively stable or in remission, acquired brain injury needing

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<p>assistance with daily living, dual diagnosis or mild developmental delay, recovering from addictions, suffering from personal or family breakdown, in a court diversion program, needing assistance with daily living skills or unable to care for themselves, physical limitations, needing temporary emergency housing when shelter space is not available</p> <ul style="list-style-type: none"> • 36-bed adult assisted living home * personal services include meals, bathing assistance, daily laundry, hair care • Set fee
Walnut Manor Supportive Living Residence	905-714-9517 option 1	<ul style="list-style-type: none"> • Serves London and Elgin county • Available to people requiring support for the activities of daily living, people requiring psychiatric care • Facility providing supportive housing for people who need assistance and support for daily living • Services include: <ul style="list-style-type: none"> ○ medication management ○ financial management ○ linking clients with services ○ room and board
Canadian Mental Health Association – Elgin – Court Support/Court Diversion	519-633-1781 or 1-855-633-1781 http://www.cmhaelgin.ca/services/court-support/	<ul style="list-style-type: none"> • Available to people aged 16 or older living in St Thomas or Elgin County who have a serious mental illness, concurrent disorder, developmental disability, or acquired brain injury, and who have been charged with a criminal offense • Advocacy and case coordination services to individuals with a serious mental illness, concurrent disorders, developmental disabilities, or acquired brain injuries, and who have been charged with a criminal offense • Candidates with mental health difficulties are suitable if they have a good prognosis for improvement through an established treatment plan, or if they are suffering from acute mental health symptoms • Services covered by OHIP

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Canadian Mental Health Association – Middlesex Branch – Justice Community Support Program	519-660-2716 or 1-855-668-0624 https://cmhamiddlesex.ca/programs-services/justice-and-court-diversion/	<ul style="list-style-type: none"> • Available to individuals 16 years of age and older who have been charged or convicted of a criminal offence and are coping with a serious mental illness, developmental challenges or brain injury • Mental health community support with an emphasis on short-term support and specialized support for those with justice involvement • Supports are available to people who have a diagnosed or diagnosable mental illness and are experiencing ongoing difficulties • Free
St. Joseph's Healthcare London – Southwest Centre for Forensic Mental Health Care	519-646-6100 ext 49354 Search St. Joseph's Health Care London	<ul style="list-style-type: none"> • Serves Bruce, Elgin, Essex, Grey, Huron, Kent, Lambton, Middlesex, Oxford, Perth and Kitchener-Waterloo • Available to people on court ordered assessments, found either unfit to stand trial or not criminally responsible, or who have been transferred from correctional facilities requiring treatment under conditions of security • Mental health care for people who have come into contact with the law * 89-bed inpatient program including assessment, treatment and rehabilitation • Most services covered by OHIP
Chippewas of Nawash Unceded First Nation Health Centre – Youth Mental Health Prevention Program	519-534-0373 http://www.nawash.ca/health-services/	<ul style="list-style-type: none"> • Available to Children and Youth Members of the Neyaasshinigamiing reserve • Provides mental health prevention activities in community and school for children and youth living on reserve
Community Services Coordination Network - WrapAround	519-438-4783 or 1-877-480-2726 https://cscn.on.ca/en/	<ul style="list-style-type: none"> • Serves children who are at risk of placement in residential based programs, and who experience emotional, behavioural or mental health difficulties • Individualized, coordinated, family-driven plans to meet the complex needs of children and their families • Process may involve coordination of services and supports with several child and family service providers such as mental health, child welfare, youth justice and special education • Free

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
School Community Intervention Partnership	519-432-0881 https://www.vanier.com/programs-services/school-community-intervention-partnership/	<ul style="list-style-type: none"> • Serves Elementary school children Grades 1 to 5 in Thames Valley District School Board, London District Catholic School Board, Providence, and Viamonde School Board • Early response to the mental health needs of elementary school children (Grades 1 to 5) who present with self-regulation or behavioural difficulties in the school/family/community setting * intervention for external behaviours (throwing, kicking, etc) and internalizing (crying, covert behaviour, etc.) • Referrals must be initiated by school personnel • Free
Mental Health and Addictions School Program	519-474-5667 or 1-877-900-5667	<ul style="list-style-type: none"> • Serves Students enrolled in an elementary or secondary school of either the Catholic or Public system who are facing mental health challenges, or who have an addiction, including students transitioning back to school from hospital/institution • Assessments, interventions and support to students and families with mental health and or addiction issues, consultation to school staff in regards to mental health and/or addiction issues as appropriate • LHIN or school referral required • Free
St Joseph's Health Care London Parkwood Institute Mental Health Care Building – Adolescent Psychiatry Program	519-646-6100 ext 47033 https://www.sjhc.london.on.ca/areas-of-care/mental-health-care/mental-health-care-adolescent-psychiatry-program	<ul style="list-style-type: none"> • Available to Youth 13-18 years experiencing serious mental illness that may be complicated by their developmental stage or concurrent diagnoses • Specialized psychiatric service, consultation, education, assessment, treatment, stabilization, and community integration services to youth 13 to 18 years • Medical referral required • Covered by OHIP
Wellness and Emotional Support (WES) For Youth Online	519-507-3737 or 1-855-577-3737 http://www.wesforyouthonline.ca/	<ul style="list-style-type: none"> • Serves youth aged 13-24 • Professional online counselling services for youth, youth receive one-on-one support from professional counsellors through a secure access portal, partners with Therapy Online to deliver counselling services

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Behavioural Supports Ontario - South West Operational Team	519-455-5110 ext 47379 https://southwest.behaviouralsupportsontario.ca/	<ul style="list-style-type: none"> • Free • Serves London, Bruce, Elgin, Grey, Huron, Middlesex, Oxford, and Perth • Education and support in managing or preventing responsive behaviours for older adults and their caregivers that may be associated with dementia, complex mental health, substance use, addiction, or neurological conditions * responsive behaviours include aggression, wandering, physical resistance or agitation
Elgin County Behavioural Supports Ontario Mobile Team	General Inquiries: 519-631-2020 ext 2754 Community Referrals: 519-631-2020 ext 2746 or 2745	<ul style="list-style-type: none"> • Serves Elgin County • Supports older adults with responsive behaviours related to mental health, addictions, dementia, and/or related neurological conditions, living in long-term care homes or in community settings, and their caregivers • Interdisciplinary team that provides services and supports for older adults, their families and caregivers, who are coping with or at risk for developing responsive behaviours associated with dementia, mental illness, addictions and other neurological conditions
Behavioural Supports Ontario - South West Operational Team - London and Middlesex Behavioural Response Team	519-667-6865 https://southwest.behaviouralsupportsontario.ca/	<ul style="list-style-type: none"> • Serves London and Middlesex • Available to adults aged 65 and older, or with an age-related condition, with responsive behaviours related to mental health, addictions, dementia, and/or related neurological conditions, living in long-term care homes or in community settings, and their caregivers, responsive behaviours are placing the client at high to moderate risk for harm if preventative measures are not put in place • Interdisciplinary team that provides services and supports for older adults, their families and caregivers, who are coping with or at risk for developing responsive behaviours associated with dementia, mental illness, addictions and other neurological conditions, team includes nurses, social workers, occupational therapists, recreational therapists, and psychologists

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Behavioural Supports Ontario - South West Operational Team - Oxford BSO Geriatric Outreach Team	519-421-4223 ext 4223	<ul style="list-style-type: none"> • Serves Oxford County • Available to adults 65 years and older (unless dementia diagnosis is present) with responsive behaviours related to mental health, addictions, dementia, and/or related neurological conditions, living in long-term care homes or in community settings, and their caregivers • Interdisciplinary team that provides services and supports for older adults, their families and caregivers, who are coping with or at risk for developing responsive behaviours associated with dementia, mental illness, addictions and other neurological conditions
London Health Sciences Centre Victoria Hospital Adult Mental Health Care Program - Geriatric Mental Health Program	519-667-6693 https://www.lhsc.on.ca/mental-health-care-program-adult/geriatric-mental-health-program	<ul style="list-style-type: none"> • Serves London and Middlesex • Available to adults 65 years and older experiencing a mental health disorder or who are dealing with the psychiatric aspects of mental problems that are related to the aging process, people under the age of 65 with age-related mental health issues or dementia • Inter-disciplinary out-patient assessment, treatment and referral for individuals 65 years and older who experience mental disorders of late life including: <ul style="list-style-type: none"> • dementia and related disorders • mood disorders • psychotic disorders • Covered by OHIP
London Health Sciences Centre Victoria Hospital Adult Mental Health Care Program - Geriatric Psychiatry Program	519-646-6100 ext 47033 Intake: 519-631-6568 https://www.sjhc.london.on.ca/areas-of-care/mental-health-care/mental-health-care-geriatric-psychiatry-program	<ul style="list-style-type: none"> • London, Middlesex, Bruce, Elgin, Grey, Haldimand-Norfolk, Huron, Oxford, and Perth • Available to older adults 65 years and older, with long-term or late-onset mental illness, or severe behavioural disturbances • Specialized psychiatric care and support for older adults who suffer from late onset mental illnesses or severe behavioural responses, program focuses on assessment, treatment, rehabilitation, prevention, family and community support and education • Covered by OHIP

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Canadian Mental Health Association Middlesex Branch - Peer Support and Psychoeducational Groups	519-668-0624 or 1-855-668-0624 https://cmhamiddlesex.ca/programs-services/peer-support/	<ul style="list-style-type: none"> • Available to adults and youth 16 years and older who have been diagnosed with a serious mental illness • Hosts professionally facilitated and peer support groups * maintains online list of professionally facilitated groups in London-Middlesex • Groups: <ul style="list-style-type: none"> ○ London Region Mood Disorders Self Help Group ○ London Shyness and Social Anxiety Support Group ○ Obsessive Compulsive Disorder (OCD) ○ SAFE (Self Abuse Finally Ends) • Free
Canadian Mental Health Association Middlesex Branch – Family Support Program	519-518-2436 or 1-855-668-0624 https://cmhamiddlesex.ca/programs-services/family-support/	<ul style="list-style-type: none"> • Available to adults and youth 16 years of age and older who have a friend, family member, partner or spouse living with mental illness • Program provides family members, caregivers and friends with tools to help in the recovery process of a loved one • Participants will learn about mental illness, coping strategies and community support for both themselves and the person who is struggling with their mental health • Services include: <ul style="list-style-type: none"> ○ group education events ○ peer support ○ supportive drop in sessions ○ one-on-one supportive counselling on an as needed basis • Anyone can call or email to request a phone or in-person orientation with our Family Support Worker but must complete an orientation prior to being able to attend services offered • Free
Psychiatric Survivors Network of Elgin	519-631-1580 or 1-888-631-1919 http://www.psne.ca/	<ul style="list-style-type: none"> • Available to people 14 years and older in Elgin County living with a mental illness or who have survived a mental illness and their families • Self-help, peer-driven mental health community organization supporting psychiatric survivors, promotes

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<p>positive social interaction through safe, confidential drop-in setting, encourages independent living, self-advocacy, individualism and ongoing learning by participation in life skills and vocational activities, linking with community agencies and providing peer support</p> <ul style="list-style-type: none"> • Free
<p>Western University – University Students’ Council – Peer Support Centre</p>	<p>519-661-3574 http://westernusc.ca/your-services/peer-support-centre/</p>	<ul style="list-style-type: none"> • Available to students attending Western University • Student-run drop-in resource center for support and health services, oversees a number of individual student support services including: <ul style="list-style-type: none"> ○ Food support service ○ Health and Wellness ○ Ethnocultural Support service ○ Gender equality network • Services included in student fees
<p>Canadian Mental Health Association – Middlesex Branch – Mental Health Public Education</p>	<p>519-432-1607 ext 6318 or 1-855-668-0624 https://cmhamiddlesex.ca/learn/</p>	<ul style="list-style-type: none"> • Available to general public and adults and youth 16 years and older who have been diagnosed with a serious mental illness • <i>Public Education</i> - Mental health education, promotion and resources for the general public • <i>Mental Health Education and Promotion</i> <ul style="list-style-type: none"> ○ Workplace presentations ○ Workshops and conferences ○ Public education forums and awareness • Set fee for some courses

Training Programs/Workshops

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Living Life to the Full	https://lltff.com/	<ul style="list-style-type: none"> • Living Life to the Full helps people make a difference to their lives in eight enjoyable 90-minute sessions – one per week. Courses are available in-person or virtually by teleconference • The course is for anyone dealing with stress, anxiety or just needing help in dealing with life’s challenges. • Cost is \$175 for provinces outside of BC
Mental Health First Aid	https://mhfa.ca/	<ul style="list-style-type: none"> • It provides basic knowledge and resources to assist a person in recognizing the signs and symptoms of mental health problems and providing support to assist a person in receiving help they need, course is 12 hours • Cost ranges from \$100 - \$300 per person • Online is \$225 per person
Applied Suicide Intervention Skills Training (ASIST)	https://www.livingworks.net/saving-lives	<ul style="list-style-type: none"> • LivingWorks ASIST is a two-day face-to-face workshop featuring powerful audiovisuals, discussions, and simulations. You will learn how to prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive. The cost is \$195 which includes all materials • LivingWorks Faith is 5-hour online training program empowering faith leaders to save lives from suicide, the cost is \$149.95 for a single license and \$149.95 each for multiple licenses (contact glenboomstrom@livingworks.net) • LivingWorks Start is a 90-minute online training program at cost of \$27.95 per license and \$27.95 each for multiple licenses. LivingWorks Start teaches valuable skills to everyone age 13 and older and requires no formal training or prior experience in suicide prevention. You will learn a powerful four-step model to keep someone safe from suicide, and you'll have a chance to practice it with impactful simulations.
The Caregiver Toolbox	https://www.thecaregivertoolbox.org/ email laura@hopemadestrong.org	<ul style="list-style-type: none"> • With The Caregiver Toolbox, you will go from being well-intentioned to being a well-informed supporter who is skilled and confident.

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<ul style="list-style-type: none"> • What you'll get: <ul style="list-style-type: none"> ○ 5 Video lessons that are packed with strategies, skills and practical tools ○ Over 15 downloadable templates, checklists and worksheets ○ 6 months access to the course • Cost is \$74 US, for 20% discount enter code CMHSUMMIT20

Counsellors

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
E.F.A.P. (Employee and Family Assistance Programs) or E.A.P (Employee Assistance Programs)	Talk to your workplace Human Resources contact	<ul style="list-style-type: none"> • Find out whether you have access to an Employee & Family Assistance Program through your workplace
Elaine Olson RP, Registered Psychotherapist - Christian	519-666-3665 http://www.elaineolson.org/contact/	<ul style="list-style-type: none"> • Through a compassionate therapeutic relationship, Elaine provides counselling and psychotherapy services that lead her clients to a place of greater hope and emotional well-being. • Elaine uses cognitive (CBT), behavioural (BT), emotion focused (EFT) and faith-based therapies for couples, individuals and families • Practice located in Ilderton, ON • In order to make counselling as accessible as possible Elaine is willing to discuss fees for those with limited finances
Elaine Paul, MSW, RSW, Counsellor - Christian	519-878-4622	<ul style="list-style-type: none"> • Based in St. Thomas, she provides individual and couples counselling for Mental Health, Trauma/Crisis, Life Changes, Relationships, Parenting • Fee is \$90 per hour

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Bradford Counselling Services (Bruce or Linda Bradford) - Christian	519-858-1616	<ul style="list-style-type: none"> Based in London
Trish Pauls, MW, RP - Christian	519-601-4357	<ul style="list-style-type: none"> Based in London, her approach emphasizes the connections between your physical, emotional, and spiritual well-being Specialties are depression, Trauma and PTSD and relationship issues Fee is \$135 - \$185 per hour
Christian Counselling Centre	1-866-833-2741 or email info@christiancounsellingcentre.ca https://www.christiancounsellingcentre.ca/	<ul style="list-style-type: none"> Based in Lambeth, there are a number of counsellors with varied certifications available Fee is \$120 per hour
Canadian Hearing Services – London Region – General Support Services	1-866-518-0000 Teletype 1-866-518-0000 Email - torontoconnect@chs.ca https://www.chs.ca/service/connect-mental-health-counselling-services	<ul style="list-style-type: none"> Available to people with hearing loss, or with an interest in hearing loss Supportive counselling, special assistance, case management and advocacy for people with hearing loss, provides assistance working with government services and helps clients overcome life issues Support services are free, set fees for devices and sign language interpreting services * membership available
Atlohsa Family Healing Services – Family Support Unit	519-438-0068 Email - admin@atlohsa.com https://atlohsa.com/	<ul style="list-style-type: none"> Available to First Nation women, men, children and their families who have been or continue to be affected by the impacts of family violence Focuses on the intervention and prevention of family violence by offering counselling (group or individual, support, traditional teaching circles and advocacy) Free
Daya Counselling Centre	519-434-0077 Email - info@dayacounselling.on.ca	<ul style="list-style-type: none"> Provide short term therapeutic counselling to people ages 16 and over, living in London-Middlesex. Offer individual, couple, and family counselling. We embrace diversity and create a safe space for all! Counsellors help clients to address mental health issues that include depression, anxiety, addictions, current and/or historical abuse/trauma, interpersonal/family conflict, adjustment, loss, transition, complicated grief, and more.

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<ul style="list-style-type: none"> • Daya Counselling Centre’s charitable status enables them to accept donations and to use those funds to provide the same high-quality service to clients who would not otherwise be able to afford professional support. Subsidies are available, where the cost of counselling will be adjusted on a sliding scale based on income.
Emmaus CARES - Road to HOPE - London	519-777-5717 https://www.facebook.com/Road-to-HOPE-519602741406997/ - on Facebook	<ul style="list-style-type: none"> • Available to adult survivors of neglect, trauma, and/or abuse • Group and individual counselling regarding the effects of childhood trauma, abuse or neglect, training and consultation for other agencies and professionals aimed at increasing awareness and understanding of the needs of adult survivors, leadership training for individuals wanting to be certified Road to HOPE group leaders, parenting seminar, speakers and presentations about working more effectively with adult abuse survivors • \$40 registration for Road to HOPE course materials (book and audio CD)
Family Service Thames Valley – Community Counselling Program	519-433-0183 Email - fstv@familyservicethamesvalley.com https://www.familyservicethamesvalley.com/	<ul style="list-style-type: none"> • Short-term individual, couples, and family therapeutic counselling • Specialized services to survivors of childhood and adult trauma, woman abuse and stress • Satellite locations in Strathroy, Glencoe, Parkhill, Lucan • Fees are based on ability to pay sliding scale
Fanshawe College – Counselling and Accessibility Services	519-452-4282 Email - counselling@fanshawec.ca https://www.fanshawec.ca/student-success/student-success/student-services/counselling-and-accessibility-services	<ul style="list-style-type: none"> • Available to full-time, registered students of Fanshawe College, services also available at regional campuses • Free for full-time registered Fanshawe students
Western University – Mental Health Support – Individual Counselling	519-661-3030 https://www.uwo.ca/health/psych/individual_counselling.html	<ul style="list-style-type: none"> • Available to Western students who need support, are an Ontario resident and able to connect via phone or internet • Counsellors offer brief, change-oriented counselling for students struggling with a wide variety of concerns

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<p>including (but not limited to) anxiety, depression, academic or personal stress, relationship problems, sexual violence, and adjustment to university.</p> <ul style="list-style-type: none"> • Have counsellors who specialize in issues impacting those who have experienced sexual violence, LGBTTIQQ2SA+ students, black, indigenous, and students of colour, and international students.
John Howard Society of London and District	519-438-4168 Email - jhslondon@execulink.com https://johnhoward.on.ca/london/	<ul style="list-style-type: none"> • Available to people involved in the criminal justice system, persons at risk of becoming involved in the justice system, their families • Not-for-profit, charitable organization providing a broad range of evidence-based and outcome-driven community services in London and District helping individuals and families who are at risk of, or who have come into conflict with the law • They provide - <ul style="list-style-type: none"> ○ information, advocacy and referrals ○ vouchers for clothing and household items ○ walk-in crisis assistance ○ one-on-one and family counselling available • Free for most services
London Health Sciences Centre – First Episode Mood and Anxiety Program	519-646-6000 ext 65178 Email - femap@lhsc.on.ca https://www.lhsc.on.ca/femap-first-episode-mood-and-anxiety-program/who-we-are	<ul style="list-style-type: none"> • Available to youth 16-25 years with limited or no past psychiatric treatment and relatively recent onset of problems from mood and/or anxiety symptoms • Assessment and treatment of youth who are experiencing their first difficulties with mood and/or anxiety problems, treatment through medications and/or psychotherapy provided by psychiatrists, psychologists and social workers, addictions therapy, family therapy and group therapy may also be offered • Free
London InterCommunity Health Centre – Mental Health Services	519-660-0874 Email - mail@lihc.on.ca	<ul style="list-style-type: none"> • Eligibility varies per program • One-on-one, couple, family, and group counselling for registered clients, psychology and psychiatry services for primary health care clients registered with a doctor or nurse

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
	https://lihc.on.ca/programs/one-to-one-counseling-for-women-and-men/	practitioner, mental health screening and assessments, short-term and long-term counselling <ul style="list-style-type: none"> • Free
Women's Rural Resource Centre of Strathroy and Area- Children's Program	519-246-1526 Email - info@wrrcsa.org https://wrrcsa.org/	<ul style="list-style-type: none"> • Available to women and children experiencing abuse and violence • Provide one to one and group counselling • Counsellors seek to strengthen child-parent attachments and promote children's resiliency factors by providing a safe place to process experiences of trauma related to abuse, mothers provided with supports to enhance their parenting capacity • Free
Anova - Sexual Assault Counselling	519-642-3003 or 1-800-265-1576 http://www.anovafuture.org/	<ul style="list-style-type: none"> • Available to people 15 years of age and older in London/Middlesex that have experienced or been impacted by sexual violence • Support services to survivors who have experienced sexual violence as adults or as children, works to change harmful attitudes that allow sexual violence to exist, includes counselling, workshops and training opportunities for LGBTQ+ individuals • Accompaniment of victim to court, hospital or police station, supportive peer counselling one-to-one or in groups, information and referrals, sexual violence education and training for professionals and the public • Free
Wellness and Emotional Support (WES) For Youth Online	519-507-3737 or 1-855-577-3737 http://www.wesforyouthonline.ca/	<ul style="list-style-type: none"> • Available to youth aged 13-24 in Ontario • Professional online counselling services for youth, youth receive one-on-one support from professional counsellors through a secure access portal, partners with Therapy Online to deliver counselling services • Free

Online Support

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Covid-19 and Mental Health – 20 videos in one Blog by Brett Ullman	https://www.brettullman.com/2020/05/07/all-20-videos-in-on-blog-covid-and-mental-health/	<ul style="list-style-type: none"> • 20 videos in one Blog – Covid-19 and Mental Health
Togetherall (formerly called Big White Wall)	https://togetherall.com/	<ul style="list-style-type: none"> • Commissioned by over 250 organizations globally, online service providing access to millions with anxiety, depression and other common mental health issues • The peer-to-peer platform is a safe place to connect with others experiencing similar feelings, plus there are trained professionals on hand, 24/7. They ensure all members are anonymous to each other within the community • They have tools and courses to help you look after yourself, along with plenty of resources to explore
The Centre for Addiction and Mental Health (CAMH)	https://camh.ca/en	<ul style="list-style-type: none"> • Mental Health 101 free online tutorials with many topics to choose from https://camh.ca/en/health-info/mental-health-101
Agora Network Ministries – Free Your Mind Program	https://www.agoranetworkministries.com/free-your-mind 289 668-0968	<ul style="list-style-type: none"> • Through weekly 15-minute instructional videos, 30-minute monthly live Q+A's with Dr. Grant and Kathy Mullen, an online faith-based community forum and 24-hour access to an entire video library, you can work at your own speed, anytime, from anywhere in the world, to begin the life-changing transformation you've been looking for. You will learn how to be transformed by renewing your mind and taking every thought captive. Cost is \$39.99 per month
Agora Network Ministries – Thrive Program https://www.agoranetworkministries.com/	https://thriveministries.ca/ 289 668-0968	<ul style="list-style-type: none"> • Through different settings, volunteers provide church leaders with resources and support when they need it most. They focus on spiritual, relational, physical and emotional health through specialized groups and services and one on one conversations. Thrive's volunteers have ministry

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
		<p>leadership experience and understand what ministry can be like. Contact them at info@thriveministries.ca to arrange for an initial confidential conversation.</p>
<p>Agora Network Ministries – Hope for the Agora radio show/podcast https://www.agoranetworkministries.com/</p>	<p>https://www.agoranetworkministries.com/podcast-1 289 668-0968</p>	<ul style="list-style-type: none"> • Hope for the Agora is a radio show and podcast hosting conversations about the stigma of mental health in the church. Agora Network Ministries seeks to bring hope and healing to those suffering with their mental wellness through honest discussions and resources that educate and equip individuals and churches toward mental flourishing as well as create an environment where those struggling • Listen to live show on Spotify, weekly on Friday at 6 pm EST or access podcast via the website
<p>The Healing Circle</p>	<p>https://www.kchealingcircle.com/</p>	<ul style="list-style-type: none"> • The Healing Circle Podcast has honest conversations addressing mental health and relationships before God. The podcast was created by licensed trauma therapist and Christian counselor, Kobe Campbell and her corporate American husband, Kyle. • https://www.kchealingcircle.com/podcast-1
<p>Key Ministry – President and Founder, Dr. Steve Grcevich</p>	<p>https://www.keyministry.org/training-videos-on-mental-health-inclusion</p>	<ul style="list-style-type: none"> • This series of fourteen videos from Dr. Steve Grcevich is designed to accompany and support the content of the book, Mental Health and the Church and serve as a resource to pastors and ministry leaders seeking to develop a mental health inclusion strategy within their churches.
<p>Life.Church</p>	<p>https://finds.life.church/be-anxious-for-nothing-a-guide-to-finding-peace/</p>	<ul style="list-style-type: none"> • Online extensive guide on anxiety, with strategies and resources
<p>My Toolkit</p>	<p>https://mytoolkit.ca/</p>	<ul style="list-style-type: none"> • Geared to youth age 14 – 29 • A personal toolkit with online learning modules, strategies, etc. • Free

ORGANIZATION NAME	CONTACT INFORMATION	SERVICES PROVIDED/OFFERED
Mind your Mind	https://mindyourmind.ca/	<ul style="list-style-type: none"> • Exists in the space where mental health, wellness, engagement and technology meet • Work with community partners and young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience • Provides information on illnesses, wellness strategies
BounceBack Ontario	BounceBack Ontario – Canadian Mental Health Association, Ontario	<ul style="list-style-type: none"> • BounceBack® is a free skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos and tools to move to mental wellness
Wellness and Emotional Support (WES) For Youth Online	519-507-3737 or 1-855-577-3737 http://www.wesforyouthonline.ca/	<ul style="list-style-type: none"> • Available to youth aged 13-24 in Ontario • Professional online counselling services for youth, youth receive one-on-one support from professional counsellors through a secure access portal, partners with Therapy Online to deliver counselling services • Free

Books

AUTHOR AND TITLE	DESCRIPTION
Dr. Caroline Leaf - author <i>Think and Eat Yourself Smart</i>	<ul style="list-style-type: none"> With an informative combination of scientific research and scriptural principles, Dr. Leaf shows that healthy eating may not be quick or cheap, but it is something we all can do
Dr. Caroline Leaf - author <i>Switch on Your Brain Workbook</i>	<ul style="list-style-type: none"> We all want to be more at peace, to be happier and healthier, but we often don't know how to go about it. Everything we try seems to fall short of true change. In this follow-up to her bestselling book, Dr. Caroline Leaf helps you apply the science and wisdom of <i>Switch On Your Brain</i> to your daily life so you can detox your thinking and experience improved happiness and health. Each of the keys in the <i>Switch On Your Brain Workbook</i> pairs science with Scripture, asking penetrating personal questions in order to guide you in understanding the impact of your thought life on your brain, body, and lifestyle. The discussion sections help you see vital connections between scientific knowledge and the Bible. Recommended reading lists are also included so you can dig even deeper.
Dr. Greg Wells - author <i>The Ripple Effect – Sleep Better Eat Better Move Better Think Better</i>	<ul style="list-style-type: none"> With tremendous insight into the physiology of the human body, <i>The Ripple Effect</i> exposes exercise and diet myths and helps you kick-start a health and performance transformation. From optimizing your last hour before bed to maximizing your natural sleep cycle, Dr. Greg Wells outlines the simple keys to sleeping more soundly and waking up refreshed, and shows how you can fuel better whether you're a busy mom or a high-performance athlete. <i>The Ripple Effect</i> also includes ways you can exercise more effectively and painlessly, ward off illness, and think more clearly.
Dr. Grant Mullen - author <i>Emotionally Free - A Prescription for Healing Body, Soul, and Spirit</i>	<ul style="list-style-type: none"> Learn how to assess your thoughts, personality, and spirit. <i>Emotionally Free</i> puts an end to the unnecessary competition that has existed among psychiatry, counselors, and deliverance ministers. These are important complimentary ministries that we all need. This book explains the role of each and how to know when you need them. You will also learn how depression, anxiety, and mood swings affect Christians in a unique way, and you will be able to assess your own moods and determine if you need medical treatment. Reach a greater understanding of where your spiritual authority comes from and how to use it to set yourself and others free. No matter how suffocating your bondage is now, God is waiting and willing to set you free. Dr. Mullen clearly outlines steps to invite the Holy Spirit into the problem to heal and restore you. Discover a new freedom in your mind, attitudes, reactions, and relationships as you become <i>Emotionally Free</i>.

AUTHOR AND TITLE	DESCRIPTION
<p>Joyce Meyers - author <i>Battlefield of the Mind: Winning the Battle in Your Mind</i></p>	<ul style="list-style-type: none"> • Worry, doubt, confusion, depression, anger and feelings of condemnation: all these are attacks on the mind. If readers suffer from negative thoughts, they can take heart! Joyce Meyer has helped millions win these all-important battles. In her most popular bestseller ever, the beloved author and minister shows readers how to change their lives by changing their minds. • She teaches how to deal with thousands of thoughts that people think every day and how to focus the mind the way God thinks. And she shares the trials, tragedies, and ultimate victories from her own marriage, family, and ministry that led her to wondrous, life-transforming truth--and reveals her thoughts and feelings every step of the way.
<p>Matthew McKay, Jeffrey C. Wood, Jeffrey Brantley (Author), Thomas Marra (Author) <i>The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation</i></p>	<ul style="list-style-type: none"> • First developed for treating borderline personality disorder, dialectical behavior therapy (DBT) has proven effective as treatment for a range of other mental health problems, especially for those characterized by overwhelming emotions. Research shows that DBT can improve your ability to handle distress without losing control and acting destructively. In order to make use of these techniques, you need to build skills in four key areas-distress tolerance, mindfulness, emotion regulation, and interpersonal effectiveness.
<p>Seth J. Gillihan PhD (Author) <i>Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks: A Workbook for Managing Depression and Anxiety</i></p>	<ul style="list-style-type: none"> • Getting through depression and anxiety requires changing the way you think. • Offering a simple and practical plan that anyone can follow, this interactive workbook teaches cognitive behavioral therapy (CBT)—an extremely effective approach to managing anxiety and depression.

Brochures and Fact Sheets

Canadian Mental Health Associations brochures <https://cmhamiddlesex.ca/mental-health/>

National Institute of Mental Health brochures and fact sheets <https://www.nimh.nih.gov/health/publications/index.shtml>

Institute of Mental Health brochures [Educational Brochures – Institute of Mental Health \(imh.com.sg\)](https://www.imh.com.sg/educational-brochures)

University of Kansas Medical Centre, Mental Wellness Action Plan Handouts and Educational Resources <https://guides.library.kumc.edu/c.php?g=931272&p=6711308>

Local Health Integration Network - Home and Community Care Publications <http://healthcareathome.ca/central/en/Getting-care/Patient-and-Caregiver-Resources/brochures-and-publications>

Alzheimer Society of Canada – Dementia Resources https://alzheimer.ca/en/help-support/dementia-resources?gclid=EAlaIQobChMI0pgR26L07QIVhfDCh3qCQU5EAAyAAEgKYM_D_BwE

Apps

NAME	DESCRIPTION
Calm	<ul style="list-style-type: none">• Available on iOS or Android• For Mental Fitness, Designed to Help You Manage Stress, Sleep Better and Live A Happier, Healthier Life• If you choose to sign up for a 7-day trial, you'll automatically be enrolled in Calm Premium, which costs \$69.99 a year or \$14.99 a month. You can cancel up to 1 day before your trial ends to avoid being charged.
Colorfy	<ul style="list-style-type: none">• Available on iOS or Android• Colouring therapy• Free
Virtual Hope Box	<ul style="list-style-type: none">• Available on iOS or Android• Includes tools to help people suffering from depression with coping, relaxation, distraction, and positive thinking• Free

NAME	DESCRIPTION
MoodTools – Depression Aid	<ul style="list-style-type: none"> • Available on iOS or Android • Helps users with clinical depression improve their mood and functioning using six tools: information, videos for mood improvement, a thought diary, mood improvement activities, a symptom severity test (PHQ-9 depression questionnaire), and a safety plan. • Free
MoodKit – Mood Improvement Tools	<ul style="list-style-type: none"> • Available on iOS • Provides mood improvement activities, guidance to modify distressing thoughts, and tracks mood over time. • \$\$
T2 Mood Tracker	<ul style="list-style-type: none"> • Available on iOS or Android • Helps users track their emotional experience over time using sliding scales on six pre-loaded areas: anxiety, depression, general well-being, head injury, PTSD, and stress. The app then develops reports that can be shared with a healthcare provider. • Free
Wysa: Stress, depression & anxiety therapy chatbot	<ul style="list-style-type: none"> • Available on iOS or Android • Wysa is a chatbot that keeps track of your mood with friendly chats and helps fight stress and anxiety with a variety of tools and exercises, including calming meditation and mindfulness practices • Free
7 Cups: Anxiety & Stress Chat	<ul style="list-style-type: none"> • Available on iOS or Android • Provides a chat messaging platform (available via the app or a web browser) for users to receive emotional support and counselling through trained volunteers and self-help tools. There is also a fee-based option to speak with certified therapists. • Free
Headspace Meditation and Sleep	<ul style="list-style-type: none"> • Available on iOS or Android • Includes hundreds of guided meditations on a wide range of topics, including sleep, focus, and exercise. Users can track their progress and time spent meditating. The free version is limited, but users can subscribe for expanded offerings. • Free
MindShift CBT – Anxiety Canada	<ul style="list-style-type: none"> • Available on iOS or Android • In addition to providing strategies to deal with everyday anxiety, this app also offers specific tools to tackle issues like social anxiety and perfectionism. • Free
Sanvello for Stress, Anxiety & Depression (previously Pacifica)	<ul style="list-style-type: none"> • Available on iOS or Android

NAME	DESCRIPTION
	<ul style="list-style-type: none"> • Offers tools to help ease stress and anxiety, including a daily mood tracker and relaxation audio recordings • Free
Calm Harm	<ul style="list-style-type: none"> • Available on iOS or Android • Using principles from dialectical behaviour therapy, this app directs the user to “ride the wave” of the urge to self-harm. The user can choose 5- or 15-minute blocks of different activities to overcome urges as they arise. • Free
Wellcan	<ul style="list-style-type: none"> • Available on iOS or Android • By Morneau Shepell is a new app to support mental health during Covid-19 • Browse tips and resources to maintain good mental, physical, social and financial health • Free
AlcoDroid Alcohol Tracker	<ul style="list-style-type: none"> • Available on Android • Tracks alcohol consumption, helps users maintain a drink diary, and calculates blood alcohol content. Allows users to monitor drinking habits and set goals • Free
Drink Less	<ul style="list-style-type: none"> • Available on iOS • Drink Less was created by a team of behavioural scientists at University College London. The app allows users to keep track of their drinking and how it changes over time, set goals for the targets that are important to them, play games designed to strengthen their resolve to drink less alcohol, and create plans to deal with situations where they may be tempted to drink. • Free
Nomo – Sobriety Clocks	<ul style="list-style-type: none"> • Available on iOS or Android • Monitors sobriety time, provides “chip” awards for recovery milestones, and tracks money saved over time. • Free
Saying When: How to Quit Drinking or Cut Down	<ul style="list-style-type: none"> • Available on iOS or Android • Includes a variety of tools to help decrease drinking. Users complete a self-assessment and create personalized goals. Coping strategies and a drink tracker are also included. • Free
VetChange	<ul style="list-style-type: none"> • Available on iOS • VetChange is designed for veterans or military members who are concerned about their drinking and how it relates to posttraumatic stress after deployment. The app provides

NAME	DESCRIPTION
	tools for cutting down or quitting drinking and managing stress symptoms, as well as education about alcohol use and how it relates to PTSD symptoms.
QuitGuide – Quit Smoking	<ul style="list-style-type: none"> • Available on iOS or Android • Tracks cigarette cravings and moods, monitors progress toward milestones, and identifies triggers and strategies to deal with them • Free
Smoke Free – Quit Smoking Now	<ul style="list-style-type: none"> • Available on iOS or Android • Keeps track of money saved from being smoke free and the number of cigarettes avoided. Provides information to help deal with cravings, and demonstrates how users' health is improving over time. • Free
Monitor Your Gambling & Urges	<ul style="list-style-type: none"> • Available on iOS or Android • Provides a way to monitor gambling behaviour through self-reported entries about gambling urges, triggers, and outcomes. The information is used to create reports that allow users to see patterns in their gambling behaviours. • Free
Detoxify – Porn Blocker	<ul style="list-style-type: none"> • Available on Android • Thrive to be the best version of you, blocks 2 million + porn sites • Requires \$5/mo subscription after the 3-day free trial
Dementia Talk App	<ul style="list-style-type: none"> • Available on iOS or Android • Helps family caregivers and professionals respond to challenging behaviours at home • Free

“Now may the God of peace make you holy in every way, and may your whole spirit and soul and body be kept blameless until our Lord Jesus Christ comes again.” (1 Thessalonians 5:23 – NIV)

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will learn to know God’s will for you, which is good and pleasing and perfect.” (Romans 12:2 – NLV)

“Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.” (Philippians 4:6-7 – NLV)

“Such love has no fear, because perfect love expels all fear. If we are afraid, it is for fear of punishment, and this shows that we have not fully experienced his perfect love.” (1 John 4:18 – NLV)