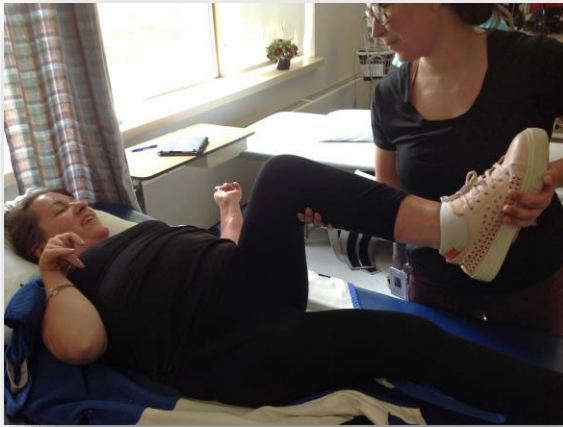


Mental Health Resources

Being a caregiver can be physically and emotionally stressful. This booklet provides resources for caregivers and families facing mental health concerns and challenges.



Transitional and Lifelong Care Program

Parkwood Institute Main Building, 550 Wellington Road South

London, Ontario, N6C 0A7

Phone: 519 646-6100

Transitional and Lifelong Care Program

Mental Health Resources

ACCESS Open Minds – Chatham Kent

- Connects you to mental health and peer support services specific to your needs.
- Phone: 519 437-6329
- Email: info@accessopenmindsck.ca
- Website: www.accessopenminds.ca/

Big White Wall

- Online mental health services, peer supports, and tools to help with self-management.
- Website: www.bigwhitewall.ca

CAN-VOICE (Consumer Survivor Community Support Services)

- Peer support, self-help, and activities aimed to support recovery for adults and youth 16 years and older who have used the mental health system.
- Phone: 519 434-8303
- Email: canvoice@gtn.net

Canadian Mental Health Association (CMHA) –Middlesex

- Mental health supports for those 16 years and older.
- Queens Avenue Site (London): 519 668-0624
- Huron St. Site (London): 519 434-9191
- For more information, email: info@cmhamiddlesex.ca
- Website: www.cmhamiddlesex.ca

Mental Health Resources

CMHA Middlesex Mental Health and Addictions Crisis Centre

- Provides free counselling and walk-in support for those living with a mental health and/or addictions crisis.
- 648 Huron St, London, ON N5Y 4J7
- Phone: 519 434-9191
- Crisis line: 519 433-2023 or 1-866-933-2023
- Website: www.cmhamiddlesex.ca/programs-services/mental-health-and-addictions-crisis-centre/

CMHA – Reach Out

- Crisis line for mental health and crisis support.
- Phone: 519 433-2023 or 1-866-933-2023

CONNECT for Mental Health

- One-to-one and group peer support, education, and outreach
- Phone: 519 679-4040
- Email: message@connectformh.ca
- Website: connectformh.ca/

Daya Counselling Centre

- Free subsidized counselling and psychotherapy services for people 16 years of age and older. Call the first Monday of the month to apply for available subsidized spaces.
- Call to book an appointment.
- Phone: 519 434-0077
- Email: info@dayacounselling.on.ca
- Website: www.dayacounselling.on.ca

Mental Health Resources

ConnexOntario Helpline

- Provides free health services information for people struggling with alcohol and drugs, mental illness and/or gambling.
- Phone: 1-866-531-2600
- Website: www.connexontario.ca/

Crest Support Services

- Support adults with a mental illness or disability.
- Phone: 519 227-6766
- Email: info@crestsupportservices.ca
- Website: www.crestsupportservices.ca

Good2Talk

- 24/7 mental health support for young people ages 17 to 25 years old.
- Phone: 1-866-925-5454 TO TALK
- Text: GOOD2TALKON TO 686868
- Website: good2talk.ca/ontario/

Lambton Mental Wellness Centre

- Support for people with mental health issues, and for those caring for a loved one dealing with mental illness.
- Phone: 519 344-5602
- Email: cheryl@lmwc.ca
- Website: www.lmwc.ca

Mental Health Resources

London InterCommunity Health Centre – Mental Health Supports

- Offers free one-to-one counselling, mental health screening, and access to psychiatry services for those registered with a doctor or nurse.
- Call and ask to speak to a Systems Navigator
- Phone: 519 660-0874
- Email: mail@lihc.on.ca
- Website: www.lihc.on.ca/programs/one-to-one-counseling-for-women-and-men/

Mental Health Network of Chatham-Kent

- Provides one to one support, education and advocacy for those with mental health concerns.
- Phone: 519 351-3100.
- Website: www.mhnck.com

Mood Disorders Association of Ontario

- Offers fact sheets, peer support groups, family support, and telephone support.
- Phone: 416 486-8046
- Toll-Free: 1-888-486-8236
- Email: info@mooddisorders.ca
- Website: www.mooddisorders.ca/

Mental Health Resources

My Anxiety Canada

- Free online courses for adults and youth living with anxiety.
- Website: www.anxietycanada.com/

North Lambton Community Health Centre

- Hosts an eight-week program to support those living with depression and anxiety.
- Phone: 519 344-3017 ext. 0
- Website: www.nlhc.com/our-services/health-promotion.php

Recovery Canada – South West Region

- Support group to maintain or regain mental wellness, teaches recovery methods to control behaviors and deal with difficult emotions.
- Meeting locations in London, Sarnia and Windsor.
- Phone: 519 326-3635
- Email: recoverycanada.endorse@gmail.com
- Website: www.recoverycanada.org/

St. Leonard's Community Services London and Region

- Programs for adults and youth who could be in trouble with the law or dealing with mental health concerns.
- Phone: 519 850-3777
- Website: www.slcs.ca/

Mental Health Resources

Waypoint Centre for Mental Health Care – Patient/Client and Family Council

- *Offers resource guides and support for those with mental health concerns and their family members.*
- *Phone: 705 549-3181*
- *Email: ptcouncil@waypointcentre.ca*
- *Website: [www.pcfconnect.org /](http://www.pcfconnect.org/)*

211 Ontario

- *Information for community, government, social and health services, including mental health resources across Ontario.*
- *Call: 211*
- *South West Region Phone: 519 258-0247*
- *Email: info@211southwestontario.ca*
- *Website: www.211ontario.ca/*

Transitional and Lifelong Care Program

The Transitional and Lifelong Care Program provides care to adolescents and adults (15 years of age or older) from Southwestern Ontario who have special health and rehabilitative needs related to a condition of childhood onset. This includes people with cerebral palsy, spina bifida, Rett Syndrome, developmental delay and others.

Contact

Hours: 8 am to 4 pm
Monday to Friday

Location: **Parkwood Institute Main Building**
550 Wellington Road South
London, Ontario, N6C 0A7
Phone: 519 646-6100

Additional Contacts:

CARING FOR THE BODY,
MIND & SPIRIT SINCE 1869



sjhc.london.on.ca

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.