

**St-Joseph's Regional Mental Health Care**  
**Tillmann Family Resource Centre**

The Tillmann Family Resource Centre offers a variety of services for families and mental health professionals, including:

- **Resource Library** - current books, magazines, videos, audio tapes, and pamphlets on most mental illnesses
- an opportunity **to meet one-on-one with another family member** who has had personal experience with mental illness and the mental health system
- **participation in a support group** comprised of 5-10 family members affected by mental illness and facilitated by a trained family member (every second Tuesday)
- a **7 week family education course** offered twice per year (Spring/Fall)
- membership on the **Family Advisory Council**

**CONTACT:** Family Liaison

Regional Mental Health Care-London  
850 Highbury Ave N., London, ON N6A 4H1  
519-455-5110, Ext. 47440

**WOTCH Family Support Program**

**One-to-one Support and Outreach:** This service meets the individual educational and emotional needs of caregivers in relation to the impact of mental illness on their family.

**Family Mental Health Education:** The Family Support Program works in partnership with the Schizophrenia Society of Ontario to offer a 10 week psycho-education course for family members called "Strengthening Families Together".

**Family Support Group:** WOTCH facilitates a social/support group called "Inspiring Recovery Together" for family members and significant others of those suffering from mental illness. Group is held at WOTCH on the first and third Thursday of each month from 6:30 pm– 8:30 pm.

**CONTACT:** Family Support Worker  
534 Queens Avenue  
London, ON N6B 1Y6  
519-668-0624

**FAMILY SERVICE NETWORK Email List**

At this time, we would like to invite you to sign up for our '**Family Service Network E-mail List**'.

The FSN E-mail List allows us to let you know when opportunities of relevance and interest to those coping with the mental illness of a loved one, are being offered in and around our community.

The e-mail addresses of those listed on the FSN E-mail List will not be shown on any e-mail notifications sent out by us (the 'bcc', or blind carbon copy, e-mail feature will be used). Your e-mail address will only be used for the purpose of notifying you of relevant events, programs, etc that are being offered by or come to the attention of the Family Service Network. Your personal information will not be shared.

If you have any questions or concerns, please feel free to contact any one of us.

**To join this list, send an e-mail to:**  
**[tvanegmond@london.cmha.ca](mailto:tvanegmond@london.cmha.ca)**

***Published February 2008. We are interested in your feedback on this pamphlet. Call any of the contacts to comment.***

# ***Community Resources for Those Coping with the Mental Illness of a Loved One***



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE



London Health Sciences Centre



A REASON TO HOPE. THE MEANS TO COPE.  
THE SCHIZOPHRENIA SOCIETY OF ONTARIO  
SOCIÉTÉ ONTARIENNE DE LA SCHIZOPHRÉNIE  
UNE SOURCE D'ESPOIR, DE SOUTIEN ET D'ENTRAÏDE.



## Canadian Mental Health Association

The Canadian Mental Health Association London-Middlesex Branch, offers a variety of programs and services aimed at providing education and support to those affected by the mental illness of a loved one, including:

### **8 Week Psycho-Education Group**

**8 Week Survivor of Suicide Group** - for people left behind

after the suicide of a loved one.

**Drop in groups** - Peer Support for Suicide Survivors, Obsessive Compulsive Disorder Support Group, and the

London and Region Mood Disorder Support Group.

**Individual support & information/referral**— telephone, face to face and/or e-mail.

### **Educational events, materials and lending library**

**CONTACT:** CMHA London-Middlesex Branch  
648 Huron Street  
London, ON N5Y 4J8  
Phone: 519-434-9191

## London Mental Health Crisis Service

London Mental Health Crisis Service provides 24/7 Crisis Intervention for clients and family members in London and Middlesex who are suffering from a mental health issue. Those in need may access support, information/referral, and assessment for their needs at the time of the crisis. Initial contacts happen by phone with further connection being established as appropriate.

Services Include: **Safe Beds** - if your current environment is unsafe, two beds are available for short stays; **Centre Visits** - walk-in & by appointment counseling Monday to Friday; **Mobile Team** - 24/7, based on assessment of phone crisis counsellors; **Peer Support** - trained, peer volunteers, familiar with the mental health system, available at set times; **LHSC emerg triage** - Crisis nurse at Commissioners ED site; **Psychiatric assessments** - for meds & program needs.

**CONTACT:** Mental Health Crisis Worker  
862 Richmond Street  
London, ON N6A 3H8  
Phone: 519-433-2023

## PEPP Parent Support Group

Parents and caregivers of PEPP clients are cordially invited to attend support group meetings.

The group's aim is to provide peer support to parents as they embark upon a new journey in their lives.

Monthly meetings are held at:

London Health Sciences Centre  
South Street Site  
PEPP Clinic, Room 144  
392 South Street (at Colborne) London, ON

Meetings are the 3<sup>rd</sup> Wednesday of each month at 7 p.m. except in December due to the PEPP Client & Family Christmas Party.

Each meeting offers a "Care & Share" hour followed by an "Action Hour" (guest speakers, films, discussions, advocacy, etc.).

**CONTACT:** PEPP Parent  
Phone: 519-657-5190 (after 6pm)



## Schizophrenia Society of Ontario

The Schizophrenia Society of Ontario is a family-based organization. We support, educate, engage and empower families, promote community awareness and advocate on behalf of families affected by schizophrenia.

We provide education through **Strengthening Families Together** - a 10 session education program for family members and friends of individuals with serious and persistent mental illness.

We provide family-to-family support through the **London Chapter Education and Family Support Meetings** held for all family members and friends who have a loved one who is living with schizophrenia on the third Tuesday of each month at 7:00 p.m. at St. Peter's School, 533 Clarence Street, Room 205, London, ON.

**Individual Support** is also provided. Contact the office for more information.

**Resource and Educational Materials** are available in the regional office and on the website.

**CONTACT:** Regional Coordinator  
Schizophrenia Society of Ontario  
533 Clarence St., Room 20  
London, ON N6A 3N1  
Phone: 519-681-5122

