

Mental Health and Addiction Services Guide

In London & Middlesex County



Everyone in London and Middlesex County may need mental health care at some time. This guide lists some basic mental health care service options and information about when and how to use them.

Call ahead or visit the websites to learn about the agency and to make sure programs are still being offered.

The services listed here may change. This resource was current as of March 2023.

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Glossary

When you see these pictures in this guide, it means:



Services available on a website.



Services available using a phone.



Interpreters available. You may need to call the service in advance to confirm languages and book interpretation services.



Wheelchair accessible

Support for Immigrants, Refugees, and Newcomers

If you or someone you know is at immediate risk of self-harm or harming others, call 911 or go to a hospital emergency department. You will be cared for even if you are not insured. If uninsured, you will be billed later.

Besides this guide, other ways to learn about less urgent mental health services are to ask your community support agency, a family doctor or walk-in clinic about what services are available.

Helpful Information About Mental Health Services in Canada

In general:

- The services in this resource are mostly free unless noted as requiring payment.
- Advanced support such as seeing a Psychiatrist or being admitted to hospital may be arranged and will likely require health insurance (provincial, federal or private).
- Psychotherapist services and counselling may not be covered by provincial or federal health insurance. They may be covered by employee group benefits.
- If you are unsure if a service is free or if you are covered by insurance to use it, call ahead to find out.
- If you don't have insurance or benefits to cover a service, you can pay yourself.
- A psychiatrist is a medical doctor who can diagnose and prescribe medications to treat mental health disorders.
- A psychologist holds a master's and/or doctoral degree in psychology. They can assess, diagnose, and treat people with various mental health conditions without prescribing medications.

- A psychotherapist, or therapist, is a trained professional who uses talk therapy to treat people with various mental health conditions.
- With many services, you don't have to have an assessment but can just talk to someone until you feel better or to make a plan for more care.
- With the exception of emergency services, including emergency phone supports, interpretation usually needs to be arranged in advance.
- To find a psychotherapist, you can look online at:
<https://www.psychologytoday.com/ca/therapists/ontario>

Confidentiality in Canada:

Confidentiality is a legal obligation not to disclose information obtained in confidence without the patient's consent.

- People 16 and over can expect confidentiality at clinics and hospitals.
- Some services will provide confidential care to people under 16, but you should confirm this prior to service being provided.
- Age of consent in schools is 18 so parents may be asked for permission for a particular kind of assessment or treatment.

For more information about different types of services and confidentiality, go to: <https://mindyourmind.ca/help/i-need-talk-someone>

Emergency/Urgent Services

In Person

London Health Sciences Centre



If you feel that you might hurt yourself or someone else, please go to the nearest emergency department or call 911

Victoria Hospital (Adult and Children's Emergency)



Services provided by Centralized Emergency Psychiatry Service (CEPS) Team

- Age: All ages
- Address: 800 Commissioners Rd East at Wellington Road
- Phone: 519-685-8141
- Interpretation available upon request
- Fees: Free

University Hospital



- Age: All ages
- Address: 339 Windermere Road and Perth Road
- Phone: 519-663-3197
- Interpretation available upon request
- Fees: Free

Mental Health & Addiction Crisis Centre



This program is part of the Canadian Mental Health Association Thames Valley Addiction & Mental Health Services (CMHA TVAMHS). The Crisis Centre provides walk-in support for individuals experiencing a mental health and/or addictions crisis who do not require hospital or emergency services (911). The Crisis Centre is also home to a Crisis Mobile Team and possible referral to off-site Crisis Stabilization Space. A warm, welcoming environment open for walk in's 24 hours a day, 7 days a week.

- Age: 16+
- Address: 648 Huron St., London, ON
- Phone: 519-434-9191
- Email: info@cmhamiddlesex.ca
- Website: <https://cmhamiddlesex.ca/programs-services/mental-health-and-addictions-crisis-centre/>
- Interpretation available upon request
- Free services

Strathroy Middlesex General Hospital Emergency Department



- Age: All ages
- Address: 395 Carrie Street, Strathroy
- Phone: 519-245-5295
- Languages: English
- Fees: Free

Four Counties Health Services



- Age: All ages
- Address: 1824 Concession Drive, Newbury
- Phone: 519-693-4441
- Languages: English
- Fees: Free

Strathroy Crisis Response Service (CMHA TVAMHS)



Professional mental health counsellor helps with immediate crisis
Monday to Friday 8:30-4:30 Phone support provided by Reach Out

- Age: 12+
- Address: 21 Richmond Street, Strathroy
- Phone: 519-433-2023 OR 1-866-933-2023
- **Interpretation available upon request**
- Fees: Free

By Phone or online

ConnexOntario



Provides free and confidential health services information and referrals for people experiencing problems with alcohol and drugs, mental illness or gambling. Accepts clientele via the telephone, email, and web chat. No walk-ins.

- Age: Adults
- <https://www.connexontario.ca/contact-us>
- 1-866-531-2600
- Languages: English & French
- **Language interpretation available upon request**
- Fees: Free

Good2Talk / Allo J'écoute



Good2Talk offers confidential support services for post-secondary students in Ontario & Nova Scotia. By calling Good2Talk at 1-866-925-5454, students can receive information and referrals to services and supports for mental health, addictions and well-being on and off campus and speak anonymously with a professional counsellor.

- Age: for Post-secondary students
- 1-866-925-5454
- Text GOOD2TALKON to 686868
- Languages: English & French
- Fees: Free

Kids Help Phone / Jeunesse, J'écoute



24/7 Professional counselling, information and referrals and volunteer-led text-based support to young people in both English and French. A wide range of articles, tools and resources on their site to help young people through challenges or experiences they might face. Services include professional counselling support and a variety of resources to help youth in any moment of need

- Age: Children & Youth
- Website: <https://kidshelpphone.ca/our-e-mental-health-services/>
- Phone: 1-800-668-6868
- Text: CONNECT to 686868
- Languages: English & French
- Fees: Free

ReachOut / À l'écoute (CMHA TVAMHS)



Reach Out is a free, 24/7, confidential mental health and addictions support and services line for people living in Elgin, Middlesex and Oxford and London. If you need mental health and addictions help.

- Age: 16+
- Phone: 519-433-2023 OR 1-866-933-2023
- Text: 519-433-2023
- Webchat : To connect with them via Webchat please visit their website - <https://reachout247.ca/get-help/web-chat/>
- Website: <https://reachout247.ca/>
- Languages: English & French
- **Language interpretation available upon request**
- Fees: Free

Talk Suicide Canada



Talk Suicide Canada provides nationwide, 24-hour, bilingual support to anyone who is facing suicide.

- Age: All ages
- Phone: 1-833-456-4566
- Text: 45645- 4pm to midnight
- Website: <https://talksuicide.ca/>
- Languages: English & French
- **Language interpretation available upon request**
- Fees: Free

Tandem (formerly Children's Crisis and Intake Team- CIT)



Tandem provides: 24 hour, 7 days a week telephone crisis intervention to support children, youth, and families; limited in person services at CMHA TVAMHS; and referrals and brief intervention through centralised intake with Craigwood Youth Services, Vanier Children's Services, and Humana Community Services - Children and youth up to 18 years old, families, and guardians who have behavioural, social, emotional difficulties.

- Age: Children, Youth up to 18, and their families
- Phone:
24 hour Crisis Phone Line: 519-433-0334
In-person Appointment Booking, Monday to Friday, 9am - 4pm:
519-433-0334
- Address: 871 Trafalgar St. London, On
Walk-in counselling: 648 Huron St - Monday to Friday, 4pm to 9pm
- Walk-in Appointment Booking: 871 Trafalgar St. - Monday to Friday, 9am - 4pm
- Website: www.tandemhelps.ca/
- Languages: English & French
Language interpretation available upon request
- Fees: Free

The Support Line (CMHA TVAMHS)



The Support Line is a 24/7 service for individuals 16+. It provides confidential listening and support for people feeling anxious, isolated, lonely, sad, stressed, or need someone to talk to. Callers can speak with warm, caring, and trained volunteers and receive supportive and helpful responses- Information about community services also provided.

- Age: 16+
- Phone (Direct to Support Line): 519-601-8055 - Toll Free: 1-844-360-8055
- Email: info@cmhamiddlesex.ca
- Website: <https://cmhamiddlesex.ca/programs-services/support-line/>
- Language interpretation available upon request
- Fees: Free

Services for Children & Youth

BounceBack (CMHA ON)



Evidence-based, cognitive behavioural therapy (CBT) skill-building program managed by the Canadian Mental Health Association (CMHA). Designed to help adults and youth 15+ across Ontario manage low mood, mild to moderate depression and anxiety, stress or worry. Services delivered over the phone with a coach and through online videos. Access to tools that improve mental wellness.

- Age: 15+
- www.bouncebackontario.ca/
- **Toll-Free: 1-866-345-0224**
- bb-referral@cmha-yr.on.ca
- Languages: English French Arabic Chinese (Cantonese) Chinese (Mandarin) Spanish Persian Punjabi
- Fees: Free

Child and Parent Resource Institute (CPRI)



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

- Age: Child & Youth up to 18
- Address: 600 Sanatorium Rd, London, ON, N6H 3W7
- Telephone: 519-858-2774 / 1-877-494-2774
- Email: CPRI.Educate@ontario.ca
- Link: <http://www.cpri.ca/>
- Language interpretation available upon request
- Fees: Free

Craigwood Children, Youth and Family Services



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

- Age: Youth from 12 to 21
- Phone: 519-432-2623
- Address: 520 Hamilton Rd, London ON, N5Z 1S4
- Email: general@craigwood.on.ca
- Website: <http://www.craigwood.ca/>
- Languages: English & French
- Fees: Free- set fees for some programs

Family Service Thames Valley



Family Service Thames Valley provides accessible and affordable, mental health, trauma, and wellness counselling and psychotherapy to individuals, couples, families in London-Middlesex. Support to individuals of every gender, sexual orientation, and cultural background.

- Age: All ages
- Address: 500 South Street, Suite 2, London, ON N6B 1C3
- Phone: 519-433-0183
- Email: reception@fstv.ca
- Website: www.fstv.ca
- Languages:
- **Language interpretation available upon request**
- Fees: Varies per program/ Subsidy available for people who qualify

French Language Mental Health & Addiction System Navigation Program (CMHA TVAMHS)

Access to Francophone professionals for mental health and addiction support, including access to 10 hours of free French psychotherapy, access to a Francophone psychiatrist, and access to free interpretation services if needed.

- Age: All ages
- Tel: 519-673-3242 X 1271/ 226-377-6654
- Email: noha.elsheikh@cmhatv.ca
- Website: www.cmhatv.ca
- Languages: French
- Fees: Free

Kids Help Phone



See details above under urgent services p.4

Merrymount Family Support & Crisis Centre



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.

- Age: Children up to 13 and their families
- Address: 1064 Colborne St, London, ON, N6A 4B3
- Phone: 519-434-6848
- Email: phowarth@merrymount.on.ca
- Website: www.merrymount.on.ca
- Languages: English & French
- **Language interpretation available upon request**
- Fees: Set fees for some program/ subsidy available for people who qualify

Mind Your Mind



Youth mental health and engagement program that works in partnership with youth, emerging adults and the professionals who serve them to co-develop innovative tools and resources that are designed to promote wellness, reduce stigma, and increase access to community supports, both professional and peer-based through active engagement, best practices and technology, youth are encouraged to reach out, get help and give help.

- Age: 14 to 29
- Website: <https://mindyourmind.ca/>
- Languages: English & French
- Fees: Free

Tandem (formerly Children's Crisis and Intake Team- CIT)



See details above under urgent services p.6

Vanier Children's Mental Wellness



Children's mental health centre offering community-based assessment, counselling and treatment for children and families. Services include crisis support groups, family therapy, respite and in-home supports. Access to these services are through the Crisis and Intake Team. Drop-in counselling is available within community agencies in neighbourhoods around London and in various locations within rural Middlesex County.

- Age: Children, Youth up to 14, and their families
- Address: 871 Trafalgar St, London ON, N5Z 1E6
- Phone: 519-433-0334
- Email: askvanier@vanier.com
- Website: www.vanier.com
- Languages: English & French
- **Language interpretation available upon request**
- Fees: Free

Schools

London District Catholic School Board (LDCSB)



Support for students' mental health and well-being.

- Address: 5200 Wellington Road South, London, ON N6E 3X8
- Telephone: (519) 663-2088
- Website:
https://www.ldcsb.ca/apps/pages/index.jsp?uREC_ID=1076472&type=d&pREC_ID=1360170
- Referral for Mental Health services may be completed internally within the school. Contact the individual school for more information.
- **Language interpretation available upon request**
- Fees: Free

Thames Valley District School Board (TVDSB)



Support for students' mental health and well-being.

- Address: 1250 Dundas Street, London, ON N5W 5P2
- Website: <https://www.tvdsb.ca/en/students/mental-health-and-well-being.aspx?mid=416>
- Referral for Mental Health services may be completed internally within the school. Contact the individual school for more information.
- **Language interpretation available upon request**
- Fees: Free

Conseil scolaire catholique Providence (Csc Providence)



The Conseil scolaire catholique Providence (CscProvidence) is a French Catholic school board with schools across Southwestern Ontario. Referral for these services must be completed internally. Please contact an individual school for more information.

- Address: Visit your individual school
- Telephone: Call your school
- Email: question@cscprovidence.ca
- Website: www.cscprovidence.ca
- Languages: French & English
- **Language interpretation available upon request**
- Fees: Free

Conseil scolaire Viamonde (Cs Viamonde)



Viamonde is a network of French language public schools covering a vast territory, including Southwestern Ontario. Referral for these services must be completed internally.

Contact: Please contact an individual school for more information.

- Address: Visit your individual school
- Telephone: Call your school
- Website: <https://csviamonde.ca/>
- Languages: French & English
- **Language interpretation available upon request**
- Fees: Free

LHSC Programs

Child & Adolescent Program



The Child and Adolescent Mental Health Care Program (CAMHCP) provides clinical services for children and youth up to 17 years old and their families. Services include inpatients, outpatients, day treatment, and eating disorders. Referrals for services are accepted from a physician or a nurse practitioner.

- Age: under 17
- Phone: 519-685-8500 ext. 76607
- Address: Children's Hospital Zone B, 800 Commissioners Rd. E., London, ON
- Website: <https://www.lhsc.on.ca/child-and-adolescent-mental-health-care-program>
- Language interpretation available upon request
- Fees: Free

First Episode Mood & Anxiety Program (FEMAP)



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

- Age: 16 to 25
- Phone: 519-646-6000 ext 65178
- Address: 860 Richmond St., London, ON
- Website: www.femap.ca
- Language interpretation available upon request

Services for Adults

BounceBack (CMHA ON)



See details above under services for children & youth p.7

Breaking Free by LifeWorks / Enfin libre



A digital confidential wellness & recovery support program for alcohol and drugs. If you are a resident of Ontario or Newfoundland & Labrador, you can access the program for FREE by entering your postal code at sign up.

- Age: All ages
- <https://www.breakingfreeonline.ca/>
- Languages: English & French
- Fees: Free

CMHA TVAMHS



Canadian Mental Health Association (CMHA) Thames Valley Addiction and Mental Health Services is an integrated mental health and addiction agency providing community-based supports and services to individuals aged 12 and up across Elgin, Middlesex, and Oxford Counties. The continuum of services includes crisis intervention and virtual supports, mobile crisis teams, police partnerships, case management, counselling, and community wellness programs for both individuals and their families. Housing supports and addiction medicine services are also available. Treatment and service plans are developed based on standardized screening and assessment protocols and procedures. The organization was established in April 2021 when three organizations (Addiction Services of Thames Valley, CMHA Elgin-Middlesex, and CMHA Oxford) united to better serve the mental health and addiction needs of the Thames Valley Region. It is guided by its vision “resilience for all through positive mental health and freedom from addiction”.

- Age: 12+
- Website: www.cmhatv.ca
- Locations:
- London:
 - Address: 200 Queens Ave., suite 260, London ON, N6A 1J3
 - Phone: 519-673-3242 X 1222
- Court Diversion Program
 - Address: 80 Dundas St., 1st floor, London ON, N6A 6A3
 - Phone: 519-660-2422
- My Sisters' Place
 - Address: 566 Dundas St., London ON, N6B 1W8
 - Phone: 519-679-9570 X 5000
- Rapid Access Addiction Medicine (RAAM Clinic)
 - Address: 200 Queens Ave, 2nd floor, London ON, N5P 2V1
 - Phone: 519-673-3242 X 1281
- Middlesex County
 - Address: 21 Richmond St., Strathroy ON, N7G 2Z1
 - Phone: 519-245-0120 / 1-888-216-6716
- Language interpretation available upon request
- Fees: Free

Community Mental Health Programs (Mission Services of London)



Provides support to individuals, and their family members, who are experiencing symptoms of mental illness or addiction, and who may also be experiencing homelessness or at risk of becoming homeless.

- Age: 16+
- Phone: 519-433-2807 / Crisis: 519-439-7700
- Address: 797 York St., Unit 4, London ON, N5W 6A8
- Email: info@missionservices.ca
- Website Link: <https://missionservices.ca/help/cmhp/>
- Languages: English French Spanish
- Language interpretation available upon request
- Fees: Free

ConnexOntario



See details above under urgent services p.3

Daya Counselling Centre



Daya Counselling Centre provides short term therapeutic counselling to people ages 16 and over, living in London-Middlesex: individual, couple, and family counselling and bereavement education.

- Age: 16+
- Address: 333 Dufferin Avenue, London, Ontario, N6B 1Z3
- Website: <https://dayacounselling.on.ca/counselling/>
- Phone: 519-434-0077
- Email: info@dayacounselling.on.ca
- Fees: Daya provides “fee for service” and “Subsidised” counselling. Please see website for more information: <https://dayacounselling.on.ca/fees/>
- Languages: English French Arabic American Sign Language (ASL)
- Language interpretation available upon request
- Fees: Set fees- Subsidy available for people who qualify

Family Service Thames Valley



See details above under services for children & youth p.9

French Language Mental Health & Addiction System Navigation Program (CMHA TVAMHS)



See details above under services for children & youth p.9

Good2Talk



See details above under urgent services p.4

LHSC Programs

Adult Eating Disorders Service (LHSC)



Based out of the London Health Science Centre

The Adult Eating Disorders Service (AEDS) is a community based program provided by London Health Sciences Centre and the Canadian Mental Health Association (CMHA TVAMHS). This service has been developed to meet the needs of adults who require treatment for anorexia nervosa, bulimia nervosa, binge eating disorder and other specified feeding or eating disorders. Offers a wide range of programming that includes outpatient, day treatment, residential and relapse prevention services. Evidence-base, compassionate care in partnership with other programs at LHSC and the community.

- Age: adults
- Website: <https://www.lhsc.on.ca/adult-eating-disorders-service-aeds/the-adult-eating-disorders-service>
- Address: 54 Riverview Avenue London, ON, N6J 1A2
- Phone: 519-685-8500 ext. 74793
- Language interpretation available upon request
- Fees: Most services are free- Some additional fee for food & personal hygiene- Assistance with costs be available for people who qualify

First Episode Mood & Anxiety Program (FEMAP)



See details above under services for children & youth p.14

Mental Health Care Program- Adults (LHSC)



The Adult Mental Health Care Program at London Health Sciences Centre provides mental health services to adults aged 16 and older. The program offers mental health assessments and treatment, crisis intervention and stabilization. It also provides coordination with community resources for follow up treatment and community support, if needed. Referrals for services are accepted from a physician or nurse practitioner.

- Age: 16+
- Phone: 519-685-8500 ext. 75550
- Website: <https://www.lhsc.on.ca/mental-health-care-program-adult/adult-mental-health-care-program>
- Language interpretation available upon request
- Fees: Free

St. Joseph's Health Services - Parkwood Institute Site



Mental health services available through St. Joseph's hospital. Services include assessment and diagnosis, treatment, supportive housing, inpatient, outpatient, education, rehabilitation, stabilization and community integration. Referrals for services are accepted from a physician or a nurse practitioner.

- Age: 18+
- Address: 550 Wellington Rd S., London ON, N6C 0A7
- Phone: 519 646-6100
- Website: <https://www.sjhc.london.on.ca/areas-of-care/mental-health-care>
- Language interpretation available upon request
- Fees: Free

London Intercommunity Health Centre (LIHC)



Health centre focused on: individual, family and community health; health professionals assess and treat non-life-threatening injuries or illnesses; community development; health promotion and prevention services; referrals to other local and social health services, services aimed at people living with a low income, newcomers, individuals and families with chronic and complex illness.

Mental Health Services: 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.

Dundas Site

Address: 659 Dundas St., London, ON, N5W 2Z1

Phone: (519) 660-0874

Huron Site

Address: Unit 7- 1355 Huron St, London, ON, N5V 1R9

Phone: 519-659-6399

Argyle Site

Address: Unit 1- 1700 Dundas St, London, ON N5W 3C9

Phone: 519-660-5853

- Website: www.lihc.on.ca
- Languages: English & French
- Language interpretation available upon request
- Fees: Free

Mental Health & Addiction Crisis Centre (CMHA TVAMHS)



See details above under urgent services p.2

Ontario Addiction Treatment Centre - London Clinic (OATC)



Addiction treatment centre: methadone and Suboxone maintenance treatment for opiate addiction.

- Age: adults
- Address: 425 Wharnccliffe Rd S, London, ON
- Telephone: 519-204-8430 / 1-877-937-2282
- Website: <https://www.oatc.ca/clinic-locations/london-clinic/>
- Languages: English
- Fees: Most clinic services are free- medication may be covered under some public or private drug plans



Quintin Warner House (Mission Services of London)

Men's residential addictions treatment centre and after-care services

- Age: 18+
- Phone: 519-434-8041
- Address: 477 Queens Ave., London ON, N6B 1Y3
- Email: info@missionservices.ca
- Website Link: <https://missionservices.ca/help/qwh/>
- Languages: English & French
- **Language interpretation available upon request**
- Fees: Treatment program free/ Annex houses: rent based on ability to pay



- **ReachOut (CMHA TVAMHS)**
- See details above under urgent services p.5

Regional HIV & Aids Connection



Counterpoint Needle Syringe Program, Mobile Delivery Service, Carepoint Consumption and Treatment Service Overdose Prevention Site

Counterpoint provides: new injection and safer inhalation equipment; disposal of used equipment; education and information on safe injection or inhalation practices and referrals to community support services; case management services offer support for individuals contemplating changing, reducing or stopping substance use; safer sex supplies and education; dispenses free Naloxone kits and training to prevent overdoses - life saving medication that can restore breathing of a person who has overdosed on heroin or prescription opioid medication.

- Age: People living with or affected by HIV and/or AIDS
- Address: 602 Queens Ave., Unit 201, London ON, N6B 1Y8
- Telephone: 519-434-1601/ 1-866-920-1601
- Email: info@hivaidconnection.ca
- Website: <http://www.hivaidconnection.ca/community/commUnity-programs/needle-syringe-program>
- Languages: English & French
- **Language interpretation available upon request**
- Fees: Free

The Support Line (CMHA TVAMHS)



See details above under urgent services p.7

Turning Point

Long term recovery home- Stay duration varies from a minimum of three months to one year.

- Age: 16+
- Address: 612 Mornington Ave, London, ON, N5Y 3G1
- Phone: 519-659-2250
- Link: <https://turningpointlondon.com>
- Languages: English
- Fees: Based on ability to pay. Subsidy available for people who qualify

Withdrawal Management Program (Salvation Army- Centre of Hope)



A non-medical facility that provides a safe and welcoming environment to assist anyone in crisis as a result of withdrawal from substance use.

- Age: 16+
- Address: 281 Wellington St London, ON (visit in person to learn more)
- Phone: (519) 432-7241
- Website: <https://centrefohope.ca/withdrawal-management/>
- Languages: English
- **Language interpretation available upon request**
- Fees: Varies depending on program

Specialized Support and Self-Help Services

Informal Mental Health Support

Hope's Eating Disorders Support

Online resource support for people living with an eating disorder and disordered eating and their caregivers

- Age: All ages
- Address: 3278 Colonel Talbot Rd, Suite 187, London ON, N6P 1H4
- Phone: 1-866-933-2023
- Email: info@hopeseds.org
- Website: <https://hopeseds.org>
- Languages: English
- Fees: Free or nominal charges for virtual sessions hosted by partnering organizations

Nigerian Association of London and Area - Friendship Bench Program

Accessed by calling or texting: 226 236-9814

Description:

1. Community based problem solving, talk therapy with a friendship bench supporter, to help manage mild to moderate mental health issues.
2. Accommodates Arab, Asian, Black, Hispanic and White community members who are 18 years of age or older.
3. Following calling or texting, an appointment will be made for you to meet with a Friendship Bench supporter who speaks your language and shares similar lived experience.

Addiction Programs

Alcoholics Anonymous Meetings



Mutual support group meetings follow the twelve steps to recovery to assist alcoholics to attain and maintain sobriety.

- Phone: 519-438-1122/ 519-438-9006
- Website: <https://aadistrict11.ca/>
- Language: English
- Fees: Free

Al-Anon/Alateen Family Meetings



Support meetings for family and friends of problem drinkers.

- Phone: 519- 457- 9393
- Website: www.london-on-al-anon.org
- Languages: English
- Fees: Free

Gamblers Anonymous



Mutual support group meetings follow the twelve steps to recovery to assist anyone wishing to abstain from compulsive gambling

- Phone: 226-224-9347
- Website: www.gamblersanonymous.org
- Language: English
- Fees: Free

Narcotics Anonymous



Mutual support group meetings follow the twelve steps to recovery to avoid the use of addictive substances or any other mood-altering substances

- Phone: 519-661-0119/ 1-888-811-3887

Website: <https://infodrugrehab.com/na-meetings-in-canada/na-meetings-ontario/na-meetings-in-london/>

- Language: English
- Fees: Free

SMART Recovery

A no cost, drop in, science based addiction support group.

In-person meetings at LIHC



- Phone: 519-660-0874 X 1392
- Address: LIHC Huron Site- Unit 7- 1355 Huron St.
- Language: English
- Fees: Free

Virtual meetings



- Website: <https://meetings.smartrecovery.org/meetings/?location=London,%20Ontario&coordinates=50>
- Language: English
- Fees: Free

2SLGBTQIA+



London Intercommunity Health Centre

Trans Health Care: <https://lihc.on.ca/programs/transhealthcare/>

Gender Journeys: Support group for people to discuss social, emotional, and physical aspects of gender change.

- Age:
- Address: 659 Dundas St E (at Lyle St.)
- Phone: 519-660-0875
- **Language interpretation available upon request**
- Fees: Free



Rainbow Health Ontario

Online services and resource directory that works to improve the health and well-being of 2SLGBTQ+ people in Ontario through education, research, outreach, and public policy advocacy

- Phone: 416- 324- 4100
- Website: www.rainbowhealthontario.ca
- Languages: English & French
- Fees: Free

2SLGBTQ+ Community Resource List for London Ontario



Visit the list of services: <https://lihc.on.ca/wp-content/uploads/2018/01/2018-12-LGBTQ2S-Community-Resource-List-for-London.pdf>

For a more extensive list, please visit the Queer Events page www.queerevents.ca and search London Ontario.

2SLGBTQ+ Support Groups

Please find more information about 2SLGBTQ+ friendly support groups below: <https://www.healthunit.com/lgbtq-support-groups#PFLAG>

PFLAG - peer support to 2SLGBTQ+ <http://www.pflaglondon.ca/>

Open Closet - drop in for youth aged 14 to 18 who identify as 2SLGBTQIA+

<https://www.hivaidconnection.ca/opencloset>

Lesbian Gay Bi Trans Youth Line - **The Lesbian Gay Bi Trans Youth Line is a toll-free service provided by youth for youth.** Contact Information: **1-800-268-9688**

www.youthline.ca

Forest City Queerios <https://www.queerevents.ca/community-resources/social-group/forest-city-queerios>

Pride at Work Canada LGBTQ Women's Breakfasts

<http://prideatwork.ca/>

Try-U (The Rainbow Youth Umbrella)

TRYULondon@gmail.com

Sexual Violence Counselling



Individual and group, childhood or adult sexual violence counselling

Available to people:

- Who identify as female or gender non-conforming
- Age 15 or older
- in London and Middlesex County
- **Language interpretation available upon request**
- Fees: Free

Call the Crisis & Support Line: **519-642-3000** for immediate support or to inquire about non-urgent counselling



Confidential and anonymous crisis line * services offered include counselling, emotional support, information, safety planning and referrals in more than 200 languages * public education materials and training, seminars and workshops available through the Training, Resource and Outreach Department (416-364-4144 ext 223)

- Age: All ages
- Phone: 1-866-863-0511
- Website: www.awhl.org
- **Language interpretation available upon request**
- Fees: Free

Canadian Human Trafficking Hotline



Confidential, multilingual 24 hour hotline service connecting victims and survivors of human trafficking to social services, law enforcement and emergency services * referral directory available * chat option through website available daily 24 hours

- Age: All ages
- Phone: 1-833-900-1010
- Email: hotline@ccteht.ca
- Website: www.canadianhumantraffickinghotline.ca
- Languages: English & French
- **Language interpretation available upon request**
- Fees: Free

Carrefour des Femmes du Sud-Ouest de l'Ontario



Provides support, including mental health support, to Francophone women dealing with violence including sexual assault, referrals to other community services and accompaniment, awareness and education programs.

- Phone: 519-858-0954
- Website: www.carrefourfemmes.on.ca
- Languages: French
- Fees: Free

Fem'aide



24/7 Provincial telephone helpline for French-speaking women dealing with violence, who have experienced violence in an intimate relationship or who have been sexually assaulted * also offers support services to people who are touched by violence against women * free, anonymous and confidential support * information and referral to appropriate services

- Age: All ages
- Website: www.femaide.ca
- 1-877-336-2433
- Languages: French
- Fees: Free



London Abused Women's Center

Feminist organization that works toward ending violence and abuse against women- They offer free women-centered, feminist counselling to abused and exploited women.

- Phone: 519-432-2204
- Website: www.lawc.on.ca
- Languages: English. French. Spanish. American Sign Language
- **Language interpretation available upon request**
- Fees: Free



Réseau-Femmes du Sud-Ouest de l'Ontario

Support services for francophone women who have experienced violence or are at risk of violence or abuse, including mental health support.

- Phone: 1-888-946-3029
- Website: www.rfsoo.ca
- Languages: French
- Fees: Free

Legal Services

CMHA TVAMHS Court & Justice Services



CMHA TVAMHS Court and Justice services are available to individuals who are 16 years or older, in conflict with the law or involvement with the criminal justice system and experience symptoms of mental health and addictions concerns /or a developmental disability, Acquired Brain Injury.

See details above under services for adults p.16

John Howard Society of London & District

Walk-in information, referral, and counselling to offenders at risk of offending again, and their family members. Also aids with pardon applications.

Services include:

- information, advocacy and referrals
- vouchers for clothing and household items
- one-on-one and family counselling available
- Age: All ages
- Address: 601 Queens Ave., London ON, N6B 1Y9
- Phone: 519-438-4168
- Email: jhslondon@execulink.com
- Website: www.johnhoward.on.ca/london/
- Languages: English
- Fees: Free for most services

London Family Court Clinic



A nonprofit social service agency helping children and families involved with the justice system as victims of crime, witnesses of crime, parties in custody disputes, subjects of child protection proceedings, litigants in civil suits for compensation, teenagers in therapeutic care settings, or youthful offenders.

Services Description: advocates on behalf of the needs of children, youth and families in crisis because of crime and violence, clinical assessments, intervention, consultation and training, public education, research and advocacy, programs provide support, mental health assessments, monitoring of parental disputes, counselling, psychological support, professional workshops and training are also offered.

- Age: All ages
- Address: 254 Pall Mall St, Suite 200, London ON, N6A 5P6
- Phone: 519-679-7250
- Email: info@lfcc.on.ca
- Website: www.lfcc.on.ca
- Languages: English & French
- **Language interpretation available upon request**
- Fees: Free

St. Leonard's Community Services



Offers programs to help integrate youth with FASD, housing youth and adults with chronic homelessness, support the mental health needs of adult and young criminal offenders as part of probation and reintegration including residential programs, offer school based & youth diversion programs including counselling, and offer community-based programs for those who may have developmental challenges and require support to live independently.

- Age: All ages
- Address: 405 Dundas Street, London ON, N6B 1V9
- Phone: 519-850-3777
- Email: stleonards@slcs.ca
- Website: www.slcs.ca
- Languages: English & French
- Language interpretation available upon request
- Fees: Free for most services



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