



MENTAL HEALTH RESOURCES DURING COVID-19

	SERVICE	CONTACT
CRISIS/EMERGENCY SERVICES	<p>Reach Out (Mental Health & Addictions Crisis Services)</p> <p>24-hour crisis line for those with mental health and/or addictions concerns</p> <p>Walk-in mental health services continue to be available.</p> <p>* please access the crisis line first, if possible, before coming in to walk-in mental health clinic</p>	<p>(519) 433-2023 1-866-933-2023</p> <p>648 Huron Street</p>
	<p>Canadian Mental Health Association</p> <p>* Support services are currently being offered by telephone.</p>	<p>(519) 434-9191</p>
	<p>Kids Help Phone</p> <p>National 24/7 services for youth, offering counselling, information and referrals by phone, text, mobile app, or through the website.</p>	<p>1-800-668-6868</p> <p>www.kidshelpphone.ca</p>
	<p>The Support Line</p> <p>Volunteer-based telephone supports for those feeling lonely, sad, stressed, etc.</p>	<p>519-601-8055 1-844-360-8055</p>
COMMUNITY COUNSELLING	<p>Family Services Thames Valley</p> <p>Counselling available to individuals, couples, and groups. Some subsidized sessions are available (call right at 9:00 am in order to access subsidized sessions).</p> <p>* currently providing telephone counselling only.</p>	<p>519-433-0183</p>

	<p>Daya Counselling Centre</p> <p>Individual counselling available to individuals and families. Some subsidized sessions available</p> <p>* currently providing telephone counselling only.</p>	<p>519-434-0077</p>
	<p>Family Health Team</p> <p>If your physician is a member of a Family Health Team, ask for a referral to the team social worker. There is no charge for services.</p> <p>* providing telephone supports only.</p>	<p>Contact your physician's office</p>
	<p>CONNEX Ontario</p> <p>Free and confidential telephone, email and web chat support for adults and youth looking for information on mental health, addictions, and problem gambling. Information on services throughout Ontario that offer mental health and addiction services are also available.</p>	<p>1-866-531-2600</p> <p>http://www.connexontario.ca/Home/Contact</p>
ONLINE MENTAL HEALTH SUPPORTS	<p>Big White Wall</p> <p>Free and anonymous online peer-to-peer supports offered 24/7 for those experiencing anxiety and depression. This is <u>not</u> a crisis service. This website also offers guided courses related to mental health, which are available to registered users.</p>	<p>www.bigwhitewall.ca</p>
	<p>Bounce Back Ontario</p> <p>Free skill-building program for adults and youth 15+ for depression, anxiety, and stress. Services are delivered by phone, and through use of online videos by trained coaches.</p>	<p>www.bouncbackontario.ca</p>
	<p>E Mental Health</p> <p>Directory of mental health support services, information sheets on mental health, online screening tools, and information about community events in your area that are focused on mental health.</p>	<p>www.ementalhealth.ca</p>

	MindYourMind.ca Available 24/7, providing information about mental health for youth ages 14-29, how to find help in your community, and interactive tools to help better manage your mental health.	www.mindyourmind.ca
--	---	---

*** This is only a partial list of community services that offer mental health supports during the COVID-19 pandemic. There are many other services available. Please note that most of these services will be temporarily provided by telephone or online.**

If you are already receiving assistance from an agency, please contact this agency to find out how their services have changed.

For regularly-updated information about community and social services in London and surrounding areas, you may go to:

www.informationlondon.ca