

PAIN MANAGEMENT PROGRAM MENTAL HEALTH RESOURCE LIST

	MENTAL HEALTH RESOURCES	INFORMATION
Anxiety Treatment Web Resources	Vancouveranxiety.com - Dr. Korol, Clinical Psychologist	Excellent sessions on “Coping with Anxiety” & “Meditation for Busy Minds”. Highly recommended.
Books About Depression, Anxiety, and Stress	Mind over Mood – Dennis Greenberg and Christine Padesky How to be Miserable: 40 Things you do Already – Randy Paterson (randypaterson.com) The Happiness Trap – Russ Harris	An excellent book on strategies for managing depression, anxiety, anger etc. We can be our own worst enemy. An entertaining description of some common thoughts and habits that make us feel worse. Discusses ways to ‘unhook’ from painful thoughts and feelings and take behavioural steps toward a life you value.
Mental Health Web Education	Here To Help (an excellent resource re: CBT for anxiety, depression, offered in many languages)	http://www.heretohelp.bc.ca
Home-Based Mental Health Services	Bounce Back Ontario Bouncebackontario.ca 1-866-345-0224	A free guided self-help program for managing anxiety & depression. Includes workbooks and telephone coaching sessions. Self-referral or GP referral
	iCBT Ontario.ca/coronavirus or MindBeacon	Free web-based counselling for anxiety, depression, and stress related to covid-19. Self-referral.
	Big White Wall www.bigwhitewall.com	Excellent self-guided mental health education and treatment resources, peer chat groups, and 24/7 support services.
Community Mental Health Services	Thames Valley Family Health Team (depression, weight loss & meditation groups) Outpatient Mental Health Services, London Health Sciences Centre Canadian Mental Health Association	https://thamesvalleyfht.ca https://www.lhsc.on.ca/mental-health-care-program-adult/centralized-access-point-for-adult-ambulatory-mental-health-0 https://cmha.ca/
Crisis Services	REACH OUT	www.reachout247.ca 519-433-2023 or 1-866-933-2023 Walk in service at 648 Huron St.

For a complete listing of community and social services in London and the surrounding areas, you can access the “Help Yourself Through Hard Times” directory at www.informationlondon.ca