

Where to Get Help

Middlesex – Non-Emergency

- **Addiction Services of Thames Valley** offers support to those struggling with substance abuse, internet, gaming, or problem gambling, and their loved ones (age 12+). At CMHA Middlesex; 21 Richmond Street, Strathroy, ON (519) 673-4232 ext. 222 / <http://adstv.on.ca/>
- **Canadian Mental Health Association (CMHA)** Strathroy site Mental Health and Addictions Crisis Centre (8:30-4:30 Monday-Friday) 21 Richmond Street, Strathroy, ON (519) 245-0120 or 1-888-216-6716 / cmhamiddlesex.ca/programs-services/rural-services-strathroy/
- **Daya Counselling Centre** offers short-term therapeutic counselling (age 16+) by appointment only. Subsidy program available by contacting by phone on the first Monday of the month. 141 Dundas Street, London, ON (519) 434-0077 ext. 392 / <http://dayacounselling.on.ca/>
- **Family Service Thames Valley** help individuals, couples and families deal with transition, grief and loss, impact of trauma, emotional and psychological distress, and challenges in personal, couple and family relationships (age 5+). Scheduled appointments require calling intake and fees are based on a sliding scale. Serving Middlesex County: (519) 433-0183 ext. 8218 / <https://www.familyservicethamesvalley.com/>
- **First Episode Mood and Anxiety Program (FEMAP)** helps older teens and young adults (age 16-25) with emotional concerns that fall into the categories of mood and/or anxiety symptoms early, before symptoms begin to disrupt lives. 860 Richmond Street, London, ON (519) 646-6000 ext 65178 <https://www.lhsc.on.ca/femap-first-episode-mood-and-anxiety-program/who-we-are>
- **Lesbian Gay Bi Trans Youth Line** is a Queer, Trans, Two-Spirit* youth-led organization that affirms and supports the experiences of youth (age 29 and under) 1-800-268-9688 or text 647-694-4275; available from 4:00-9:30 pm from Sunday-Friday) / <https://www.youthline.ca>
- **Prevention and Early Intervention Program for Psychoses (PEPP)** is a community focused mental health program when there are possible concerns about an episode of psychosis. 800 Commissioners Road East Door A, Zone A, London, ON (519) 685-8500 ext. 71680. <https://www.lhsc.on.ca/pepp-prevention-and-early-intervention-program-for-psychoses/pepp>
- **WAYS Mental Health Support** supports children, youth, and families who face challenges such as trauma, emotional or behavioural problems, mental health issues, conflict with the law and relationship difficulties. 714 York Street, London, ON (519) 432-2209 / <https://ways.on.ca>

- **Talk In Clinics** Walk In counselling for children and youth, and their families.

www.craigwood.ca/programs/community-based/talk-in/

Dorchester

- ❖ **Dorchester Community Church** (Every other Monday starting January 14, 2019, 2:00-6:00) 3912 Catherine Street, Dorchester, ON (ages 0-18)

Lucan

- ❖ **Lucan Public Library** (Every other Tuesday starting January 15, 2019, 2:00-6:00) 270 Main Street, Lucan, ON (ages 0-18)

Parkhill

- ❖ **Parkhill Public Library** (Every other Tuesday starting January 8, 2019, 2:00-6:00) 229B Main Street, Parkhill, ON (ages 0-18)

Glencoe

- ❖ **Glencoe Public Library** (Every other Wednesday starting January 9, 2019, 2:00-6:00) 123 McKellar Street, Glencoe, ON (ages 0-18)

Strathroy

- ❖ **Next Wave Youth Centre** (Thursdays, 1:00-7:00) 32 Front Street, Strathroy, ON (all ages)