

LONDON MENTAL HEALTH SERVICES ROADMAP

A Guide for Transition Age Youth

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CRAIGWOOD CHILDREN, YOUTH AND FAMILY SERVICES

520 Hamilton Rd.

- ☎ 519-432-2623
- \$ Free
- 🕒 Walk-in Available
- 👤 Up to age 18
- 🚌 03, 05

“A mental health center offering support, intervention and opportunities for youth with a variety of issues related to mental health.”



WAYS MENTAL HEALTH SUPPORT

714 York St.

- ☎ 519-435-1099
- ✉ info@humanacs.org
- \$ Free
- 👤 Ages 12-18
- 🚌 02, 17, 20

“Counselling and mental health support, including short term crisis support, harm reduction counseling, promotion of healthy coping skills, advocacy and referrals to community services.”



ANAGO

371 Princess Ave.

- ☎ 519-435-1099
- ✉ info@anago.on.ca
- \$ Free
- 🕒 0-7 Days for intake
- 👤 Youth and young adults
- 🚌 01, 04, 06, 13, 15, 102, 104

“Seek to cultivate opportunities for at-risk youth and adults to gain independence and integrate into the community.”



FIRST EPISODE MOOD AND ANXIETY PROGRAM

860 Richmond St.

- ☎ 519-646-6000 ext. 65178
- ✉ FEMAP@lhsc.on.ca
- \$ Free
- 🕒 10-12 week intake
- 👤 Ages 16-25
- 🚌 06, 13, 15, 90, 102, 106

“Provides assistance to youth 16 to 25 experiencing their first episode of mood and/or anxiety concerns.”



FAMILY SERVICE THAMES VALLEY

125 Woodward Ave.

- ☎ 519-433-0183
- ✉ info@familyservicethamesvalley.com
- \$ Sliding Scale Fee
- 👤 All ages
- 🚌 02, 09, 17, 20, 33, 93, 94, 106

“Accessible and affordable, mental health, trauma, and wellness counselling and psychotherapy for individuals, couples, and families.”



DAYA COUNSELLING

333 Dufferin Ave.

- ☎ 519-434-0077
- ✉ Info@dayacounselling.on.ca
- \$ \$115; subsidies available
- 🕒 6-9 week intake
- 👤 Ages 16+
- 🚌 06, 13, 90

“We approach counselling with compassion, based on a relationship of understanding and respect.”



CANADIAN MENTAL HEALTH ASSOCIATION CRISIS CENTRE

648 Huron St.

- ☎ 519-434-9191
- ✉ info@cmhamiddlesex.ca
- \$ Free
- 🕒 Walk-in Available
- 👤 All ages
- 🚌 01, 15, 16, 27

“Walk-in support for individuals experiencing a mental health and/or addictions crisis who do not require hospital or emergency services.”



PREVENTION AND EARLY TREATMENT CENTRE FOR PSYCHOSIS

800 Commissioners Rd. E

- ☎ 519-685-8500 ext. 71680
- ✉ pepp@lhsc.on.ca
- \$ Free
- 🕒 2 weeks after screening
- 👤 All ages; psychosis
- 🚌 06, 13, 16, 24, 90

“Mandate to provide individuals in early psychosis with intensive treatment for the first three years.”



REFERRAL
REQUIRED



NEARBY BUS
ROUTES



WHEELCHAIR
ACCESSIBLE



NEARBY
GROCERY



NEARBY
PHARMACY



NEARBY
HOSPITAL



TRANSPORTATION
SERVICE



VIRTUAL SERVICE
OR APP AVAILABLE

“Nearby” defined as within a 1km radius of the service

GENERAL ADULT AMBULATORY MENTAL HEALTH SERVICES

800 Commissioners Rd. E

☎ 519-667-6777
✉ centralreferralMH@lhsc.on.ca
\$ Free
👤 Ages 16-64
🚗 01, 06, 13, 24, 90

“ Services include transition support, Emotion Regulation and Interpersonal Skills Program, group psychotherapy, and Cognitive Behavioural therapy. ”



ADDICTION SERVICES THAMES VALLEY

200 Queens Ave.

☎ 519-673-3242 ext. 222
✉ intake@adstv.ca
\$ Free
🕒 4-6 weeks after intake
👤 All ages; addiction problems
🚗 01, 02, 03, 04, 05, 06, 07, 09, 12, 13, 15, 19, 20, 102, 104

“ Community-based service operating in co-operation with local addiction, mental health and health care providers, through the Thames Valley region. ”



ANOVA

255 Horton St. E, 3rd Fl

☎ 519-642-3003
\$ Free
🕒 Walk-in available
👤 Women and gender non-conforming people age 15+
🚗 01, 03, 05, 13

“ Provides sexual assault counselling, safe places, support, counselling and resources for abused women, their children and other oppressed individuals to find a new start. ”



LHSC EATING DISORDER CLINIC

54 Riverview Ave.

☎ 519-685-8500
\$ Free
🕒 Up to 2 years for treatment
👤 Adults with eating disorders
🚗 05, 07, 12

“ Outpatient CBT-E involves meeting with a clinician individually once a week for approximately 20 sessions. ”



MY SISTER'S PLACE

566 Dundas St.

☎ 519-679-9570
✉ mysistersplace@cmhamiddlesex.ca
\$ Free
🕒 Walk-in available
👤 Women age 16+
🚗 01, 02, 07, 16, 20

“ A safe and inclusive centre that supports women experiencing vulnerabilities through drop-in and wrap-around services. ”



WESTERN UNIVERSITY COUNSELLING

1151 Richmond St.

☎ 519-661-3030
\$ Free for current students
👤 Current Western students
🚗 02, 09, 10, 27, 31, 33, 34, 90, 93, 94, 102, 106,

“ Help students with a variety of problems including test anxiety, trauma, grief, disordered eating, substance abuse, gender and sexuality issues, and emotional or physical abuse. ”



FANSHAWE COLLEGE COUNSELLING

1001 Fanshawe College Blvd.

☎ 519-452-4282
✉ counselling@fanshawec.ca
\$ Free for current students
👤 Current Fanshawe students
🚗 04, 17, 19, 20, 25, 27, 31, 36, 91, 104

“ Trained counsellors provide a confidential atmosphere where you can explore any topic or situation and discuss any concerns you may have. ”



Virtual Supports



- Togetherall
- The Lifeline: by The LifeLine Canada Foundation
- 7-Cups
- Recovery Record
- Rise Up + Recover
- Sober Tool
- WEconnect: Recovery Aftercare
- PTSD Coach Canada
- Sober Grid
- Transitional Age Protocol (TAP) by the Centre for Addiction and Mental Health
- Be Safe App

Support Groups



- Youth Engagement Advisory Hub
- Star Taxi
- Alcoholics Anonymous
- Narcotics Anonymous