



IF YOU OR A LOVED ONE ARE HAVING A MENTAL HEALTH CRISIS, THERE ARE IMMEDIATE SUPPORTS AVAILABLE TO HELP.

For general inquiries:
 Email: info@cmhamiddlesex.ca
 London: 519-434-9191
 Strathroy: 519-245-0120
 Exeter: 519-235-0335
 For Administration: 519-668-0624

CONNECT



@CMHAMiddlesex
 CMHAMiddlesex

REACH
 mental health
 addictions
 crisis services

A 24/7 information, crisis and support line for people with mental health or addictions concerns. Call it in crisis, or when you need a quick connection to services. **519-433-2023 or 1866-933-2023.**



A 24/7 Walk In Service. Come in when you are in crisis, feeling suicidal, experiencing severe symptoms of mental illness, emotional trauma, or substance withdrawal.
648 Huron Street, London



Answered by highly trained volunteers who offer a warm ear and supportive responses. Call when you are lonely, sad, or stressed.
519-601-8055 or 1-844-360-8055.

CMHA Middlesex's Family Support Program is generously funded by



United Way
 London & Middlesex



FAMILY RESOURCE GUIDE



Canadian Mental Health Association Middlesex
Mental health for all

WWW.CMHAMIDDLESEX.CA

Finding Out More About Mental Health Services for Your Loved One

The Family Resource Guide has been created by a group of volunteers and Canadian Mental Health Association Middlesex staff who are committed to supporting family caregivers.

This guide contains a list of resources that may help you - as a caregiver of someone who is struggling with a mental health or addictions issue - connect to supports and services.

Please feel free to contact any of these services directly as generally there is no referral process for family caregivers and self-referrals will be encouraged.

"What's broken can be mended. What hurts can be healed. And no matter how dark it gets, the sun is going to rise again"

-Unknown

Reach Out

Offers free, confidential information, support and crisis services by phone or web chat at www.reachout247.ca. Professionals can connect you with mental health and addictions services in London, Middlesex, Oxford and Egin. Call 519-433-2023 or 1-866-933-2023. Web chat at www.reachout247.ca

CMHA Middlesex

As a family member, please feel free to call CMHA Middlesex at (519) 434-9191 in London, 519-245-0120 in Strathroy or 519-235-0335 in Exeter/Goderich to ask questions about what may be available to support your loved one through their mental health difficulties. Additionally, CMHA Middlesex offers many workshops and presentations about mental illness and hosts many support groups and activities. You can learn more at www.cmhamiddlesex.ca.

Mood Disorders Association of Ontario

Offers free support programs to people across Ontario and their families, who are living with depression, anxiety or bipolar disorder. www.mooddisorders.ca or 1-866-363-MOOD (6663)

Schizophrenia Society of Ontario

Provides education, advocacy and support for individuals affected by schizophrenia. www.schizophrenia.on.ca or 1-855-449-9949

Centre for Addiction & Mental Health (CAMH)

Website includes many resources for individuals and families experiencing mental health and addictions issues. www.camh.ca

Bereaved Families of Ontario

Provides compassionate, non-denominational mutual aid support for families and individuals who have lost a significant person to death. www.bereavedfamilies.net

ONGOING SUPPORTS FOR YOU AS A CAREGIVER

CMHA Middlesex Family Support Program

If you feel you could benefit from speaking with a mental health professional to address your concerns as a caregiver and get recovery-focused tips and strategies to help your loved one, CMHA Middlesex has a program that can help. Meet one-to-one with our Family Support Worker to learn about mental health, share your story as a caregiver and gather useful tools and resources to be able to support both your loved one's recovery journey as well as your own. Periodic educational sessions and group meetings for caregivers are also held. Please contact Sabrina Andrews for more details or to make an appointment at (519) 518-2436 or email: s.andrews@cmhamiddlesex.ca.

Dr. William Tillman Family Resource Centre - Parkwood Institute, Mental Health Care Building

The Tillman Family Resource Centre is a lending library and support centre where caregivers can go to talk with a mental health resource co-ordinator who can help you select helpful material to support you in your caregiving role. There are also group education sessions and family support groups offered for family members wanting to learn more about addictions and mental health. Please contact Laurel Lamarre at 519-646-6100, ext. 47440 or email laurel.lamarre@sjhc.on.ca.

Family Support Group- A support group for people who have a family member with a mental illness

Our aim is to listen, show compassion, share experiences, offer hope and be supportive of one another. We welcome those for whom being a caregiver or support person is a new and overwhelming experience. We meet the first Tuesday of each month at 534 Queens Ave., London from 7-9 pm. For more information Contact Joy Lang 519-434-7760.

CRISIS SERVICES

Reach Out (519) 433-2023 or 1-866-933-2023

Reach Out is a 24/7 bilingual information, support and crisis service for those living in London, Middlesex, Oxford and Elgin counties. This service is for people living with mental health and addictions needs – as well as their families, caregivers and health care providers. There is also a web chat available at www.reachout247.ca. Reach Out can also access a Crisis Mobile team who may be sent out to support a crisis. Crisis teams can support individuals 16 and older. Reach Out can support individuals 12 and over.

***Please note – if your loved one is a child or youth aged 0-18 you can access the Crisis and Intake Team at Madame Vanier by calling 519-433-0334.**

Mental Health & Addictions Crisis Centre

648 Huron Street, London, ON

You may take your loved one to the Mental Health and Addictions Crisis Centre if they are at a high risk of suicide, threatening to harm or take one's own life, is experiencing personal distress or symptoms of mental illness or if they would benefit from talking with someone to initiate stabilizing supports. As a caregiver, if you are having extreme distress due to the crisis nature of the situation – you are also welcome to speak to one of the crisis centre staff during your visit. The Crisis Centre supports individuals who are 16 and older.

Emergency Services

911 or Hospital Emergency Department

In some instances, due to the extreme nature of the crisis, if your loved one is not willing to talk to someone at the crisis response line or attend at the crisis centre, you may need to use hospital services or emergency response. There may be an immediate risk of suicide or the safety of your loved one or others. If you need to call 911, please be prepared to state that it is a "Mental Health Emergency" and that you need assistance getting your loved one to the hospital for a psychiatric evaluation. Utilizing emergency services is especially crucial if you believe your loved one may have taken an overdose or if they are experiencing extreme symptoms of substance withdrawal.

WHEN YOU NEED YOUR LOVED ONE ASSESSED BY A PSYCHIATRIST AND THERE IS NO IMMINENT NEED FOR 911

It is possible your loved one's mental health has significantly deteriorated and they are unable to access treatment but the situation does not warrant calling 911.

In this case, you may be able to have a Justice of the Peace issue an "Order for Psychiatric Evaluation" - otherwise referred to as a Form 2.

The London Courthouse located at 824 Dundas Street is open Monday-Friday 8:30 to 4:30 pm. You can obtain the application for an Order of Psychiatric Evaluation from the Justice of the Peace office along with directions to complete the Form.

If the Justice of the Peace grants the form, it is taken to the police station and the police facilitate the transfer of your loved one to the hospital for up to a 72 hour evaluation by a psychiatrist.

WHEN YOUR LOVED ONE NEEDS WITHDRAWAL MANAGEMENT SUPPORT

If your loved one is in withdrawal, intoxicated or at risk of relapse, you can contact the Centre of Hope Withdrawal Management Service at 519-432-7241. The Centre of Hope operates 24/7, is at 281 Wellington Street, London and provides a residential, safe, non-threatening environment for withdrawal from substance use/abuse (alcohol and drug) support and motivation for recovery through assessment, advocacy and referral.

The Reach Out line is also a great resource for families and caregivers looking for information or support!

IMMEDIATE SUPPORTS FOR YOU AS A CAREGIVER

CMHA Middlesex Support Line

The Support Line is answered by highly trained volunteers who offer a warm ear and supportive responses. Call when you are lonely, sad, or stressed. 519-601-8055 or 1-844-360-8055.

Family Services of Thames Valley Walk-In Counselling Clinic

No Appointment Necessary

This service provides rapid access to meet your needs and prevent crisis from emerging.

No appointment necessary. First come, first served.

125 Woodward Ave., London, T: 519-433-0183 Tuesdays from 1:00 pm to 6:30 pm

Your Employee Assistance Program

Many individuals forget to access their Employer's Employee Assistance Program (EAP) when struggles occur. If you have an EAP program, this is often the quickest and easiest way to access some immediate support for yourself during a crisis. Contact your employer to see if you have this service available to you.

Some Resources For YOU or a Loved One who is Struggling with Addictions:



Addiction Services of Thames Valley
519-673-3242 or www.adstv.on.ca

Nar-Anon (substance abuse)
www.naranonontario.com

Al-Anon (alcohol abuse)
www.al-anon.org