

Mental Health Resources - An Accessible Breakdown

Virtual

Good2Talk

What is it?

Free, confidential support for post-secondary students in Ontario and Nova Scotia.

What to expect:

- Select a language
- A specialist will answer and help determine your needs
- You will receive a community-based referral, or be connected to either a Good2Talk counsellor for a single session of counselling or a Mental Health and Addictions specialist for information and resources

What is required from you:

No identifying information is required, unless you're seeking a referral to a service.

Link for more information:

<https://good2talk.ca/>



Reach Out

**What is it?**

Free, 24/7 confidential mental health and addictions support and services line for people living in Elgin, Middlesex, Oxford, and London.

What to expect:

All calls are answered by trained mental health and addictions workers.

- You may receive crisis support, a supportive listener, information, or access to mental health and addictions professional

What is required from you:

Confidential, but if texting then your number will be visible.

Link for more information:

<https://reachout247.ca/>

Inkblot Therapy

What is it?

Paid, virtual 1-on-1 counselling with a healthcare professional.

What to expect:

After a brief sign-up, you can book a triage appointment with a counsellor of your choice in your preferred language.

What is required from you:

Some personal details and completion of screening questions.

Link for more information:

<https://inkblottherapy.com/>



Bounceback

What is it?

A free skill-building program designed to help adults and youth 15+ manage symptoms of depression and anxiety.

What to expect:

After your self-referral or primary care provider's referral is accepted, you begin a guided self-help program in which a coach supports you in working through workbooks aimed at improving your emotional well-being.

What is required from you:

Some personal details and completion of screening questions.

Link for more information:

<https://bouncebackontario.ca/>



Mental Health Resources - An Accessible Breakdown In-Person

Adult Mental Health Care Program

What is it?

Mental health service for adults with a serious mental illness. Includes time-limited mental health assessment and treatment.

What to expect:

Offers 1-on-1 and group services, including crisis intervention and stabilization.

What is required from you:

Contact the program at Victoria Hospital and you will be set up for an appointment with a licensed professional to address your personal needs

Link for more information:

<https://www.lhsc.on.ca/mental-health-care-program-adult/welcome-to-the-mental-health-care-program-adult>



Anova

What is it?

Provides support for sexual assault survivors with free services for children, youth, and adults.

What to expect:

Individual and group counselling is available to women or gender non-conforming people aged 15 or older, in London and Middlesex County, who have experienced childhood or adult sexual violence.

What is required from you:

Call in for a counselling appointment or contact the crisis helpline as needed.

Link for more information:

<http://www.anovafuture.org/>



Sexual Assault and Domestic Violence Treatment Centre - Chatham-Kent Health Alliance

What is it?

Counselling services by appointment and/or 24/7 emergency line to all genders and ages

What to expect:

SACC helps with documentation of injuries, follow-up care by facilitators, medical treatment, risk assessment and safety planning for domestic violence cases. If you've experienced sexual assault, SACC collects/records evidence of assault, and provides free antibiotics and medical attention, including morning-after care as well as testing for sexually transmitted infections and counselling for possible pregnancies

What is required from you:

Call into the office M-F 8:00am-4:00pm to book an appointment and you will receive a follow-up from the clinic

Link for more information:

<http://www.sacc.to/fr/gylb/satc/CentreID=15.htm>



First Episode Mood and Anxiety Program (FEMAP)

What is it?

Helps older teens and young adults from 16-25 with emotional concerns that fall into the categories of mood and/or anxiety symptoms. FEMAP provides professional assessments and diagnoses, therapy and substance abuse treatments.

What to expect:

After contacting FEMAP, you will receive a follow-up to decide the right course of action for you.

What is required from you:

Self-refer to the program by calling the Centralized Access Point (CAP) at 519-667-6777, or call FEMAP directly at 519-646-6000 ext. 65178 (referral from a doctor is not necessary)

Link for more information:

<https://www.lhsc.on.ca/femap-first-episode-mood-and-anxiety-program/who-we-are>



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Marginalized Groups

Across Boundaries

What is it?

Mental health and addiction services anchored in anti-racist, anti-Black racism and anti-oppression framework that provides services from over 20 languages

What to expect:

Receive access to mental health and addiction services for racialized communities that take a holistic approach to mental health care.

What is required from you:

Fill out the Access Point form, choose the support you need, and indicate “Across Boundaries” as the preferred service provider; or call them directly.

Link for more information:

<https://www.acrossboundaries.ca/>



LGBT Youthline

What is it?

Confidential and non-judgmental peer support through telephone, text and chat services from a trained peer supporter.

What to expect:

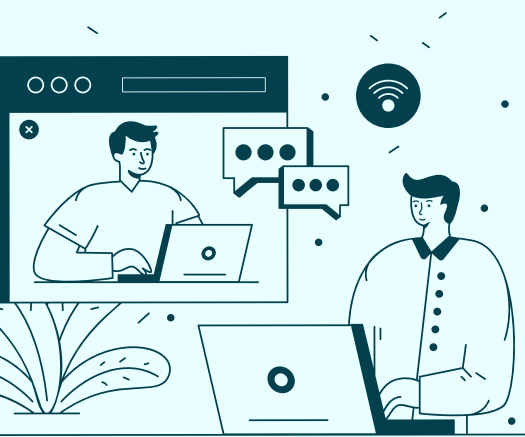
A peer on the other end who has been trained in active listening and relevant knowledge is available to discuss mental health, feelings of isolation, offer information about referrals, and more.

What is required from you:

Everything is confidential and anonymous, this helpline won't show up on your phone bill.

Link for more information:

<https://www.youthline.ca/>



Trans Lifeline

What is it?

Peer support phone service run by trans people for trans and questioning individuals.

What to expect:

You will be put in touch with a trans/nonbinary peer operator. They uphold anonymity and confidentiality with no non-consensual contact with emergency services or law enforcement.

What is required from you:

You will receive full anonymity and confidentiality when calling in.

Link for more information:

<https://translifeline.org/hotline/>



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Western Services (In-Person)

UWO Psychological Services

What is it?

Free professional services for students needing assistance to meet their personal, social, and academic goals (not long-term counselling).

What to expect:

During the first appointment (about 50-60 minutes), the counsellor will ask you questions to understand your concerns, provide support, and develop a plan to address your concerns.

What is required from you:

After booking an appointment in advance, you will be required to complete preliminary paperwork.

Link for more information:

<https://uwo.ca/health/psych/>



USC Peer Support

What is it?

Non-professional, peer-based, on-campus support for students; provides an accessible, welcoming and accommodating safe

What to expect:

Access the centre in UCC 76

What is required from you:

Nothing!

Link for more information:

<https://westernusc.ca/services/peer-support-centre/>



UWO Black and Racialized Student Support Group

What is it?

Virtual support group for Black and Racialized Students (runs until December 8, occurs bi-weekly from 1:30-3pm)

What to expect:

This wellness group aims to create a safe and healing space to share race-related lived experiences including race-related stress, navigating environments, renewal and care. This group will be co-facilitated by two psychotherapists from Health and Wellness Services who are themselves persons from racialized backgrounds.

What is required from you:

Call Health and Wellness Services at 519-661-3030 to register, then you will be contacted to do an individual intake.

Link for more information:

https://uwo.ca/health/psych/group_care.html

