

Local London Area Resources

Name	Contact Information	Cost	Description
24 hour Reach Out crisis line for all ages: 1-866-933-2023			
Addiction Services of Thames Valley	200 Queens Ave, Suite 260 London, ON 519-673-3242 www.adstv.ca	No fee for most services	- screening, assessment, treatment planning & addiction services - serves clients with substance use, problem gambling or other behavioural concerns - provides support, education and treatment for family members
Anova	255 Horton Street, 3 rd Fl., Suite 5 London, ON 519-642-3033 www.anovafuture.org	No fee	Eligibility: women and gender non-conforming people aged 15+ - 24 hour crisis and support line – 519-642-3000 - supports individuals who have experienced childhood or adult violence - crisis supports - individual and group counselling
Atlohsa Family Healing Services	343 Richmond Street, Suite 109 London, ON 519-438-0068 www.atlohsa.com	No fee	Eligibility: People belonging to the First Nations community - 24 hour crisis line – 1-800-605-7477 - provides support, education, intervention and prevention to victims of family violence
Canadian Hearing Services – London Region	181 Wellington St., London, ON Toll Free: 1-866-518-0000 https://www.chs.ca/service/connect-mental-health-counselling-services	No fee	Eligibility: People who are culturally deaf, oral deaf, deafened, and hard-of hearing - sign language, interpretation and translation services, including virtually - support with mental health issues, addiction, relationship issues, stress, abuse and other serious challenges - works on treatment plan and community referrals
Canadian Mental Health Association	648 Huron Street London, ON 519-434-9191 https://cmhamiddlesex.ca/	No fee	Eligibility: 16+ years old - 24/7 walk in centre for those experiencing a mental health or addiction crisis who do not require hospital or emergency (911) services - 24 hour support line – 519-601-8055 or 1-844-360-8055 for non-crisis, therapeutic listening line - provides assessment and supportive counselling for immediate crisis issues, and referrals to other services for ongoing, non-crisis issues

			<ul style="list-style-type: none"> - many groups and workshops offered (mindfulness, intuitive eating, bereavement, etc) - no referral needed
Changing Ways	555 Southdale Road E. Unit 100 London, ON 519-438-9869 www.changingways.on.ca	Sliding scale	Eligibility: Men <ul style="list-style-type: none"> - 16 session counselling program that helps men examine their beliefs and attitudes towards domestic abuse, and to learn non-abusive ways of resolving conflict - program runs weekly 2 hour sessions
Daya Counselling	333 Dufferin Street, Unit 2 London, ON 519-434-0077 www.dayacounselling.on.ca	Set fee / sliding scale	Eligibility: 16+ years old <ul style="list-style-type: none"> - individual, couples and family counselling services
London Abused Women's Centre	797 York St. Unit 5 London, ON 519-432-2204 www.lawc.on.ca	No fee	Eligibility: Women and girls 12+ years old <ul style="list-style-type: none"> - supports those experiencing violence and abuse in intimate relationships - long-term trauma counselling, social service navigation, housing support
Psychology Today	https://www.psychologytoday.com/ca	Set fee	- online registry of local therapists, psychologists and mental health professionals
Southwest Ontario Aboriginal Health Access Centre	425-427 William Street London, ON 519-672-4079 https://soahac.on.ca/	No fee	Eligibility: First Nations, Inuit, Metis <ul style="list-style-type: none"> - Wide range of wellness services including traditional healing, mental health and addiction services - Clinical services including primary health care, diabetes education, nutrition and Aboriginal Midwifery

Online/Phone Based Resources

BounceBack – CMHA Online and phone based	1-866-639-0522 or Email bounceback@cmha.bc.ca https://bouncebackbc.ca	No fee	Eligibility: 15+ years old, no referral needed <ul style="list-style-type: none"> - an online or phone-based CBT program with a coach - skill-building program for people with low mood, mild-moderate depression, anxiety, stress or worry - workbook unique to patient needs is provided - has free video series on managing mood, building confidence, etc (access code bbtodayon)
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Mind Beacon Online	www.mindbeacon.com/ontario	No fee	Eligibility: 16+ years old - therapist-guided programs (self-guided) as well as one-on-one individual virtual therapy sessions for those with experiencing mental health issues, life stress, or things such as chronic pain and insomnia - secure messaging, tailored reading, and activities
TeleCBT Online and phone based	https://telecbt.ca/	No fee for OHIP-covered stream, also private pay stream available	Eligibility: 18+ years old with valid OHIP card and must be in Ontario - one-on-one therapy with online booking - help with anxiety, depression, medical illness, chronic pain, insomnia, social anxiety, stress management
abilitiCBT Online and phone based	https://myicbt.com/	No fee for OHIP-covered stream, also private pay stream available	Eligibility: 16+ years old - offers CBT program based on your needs after an individual questionnaire - treatment for anxiety, depression, COVID-related stress, etc - work with a professional therapist by phone/video plus move through 10 modules at your own pace with check ins along the way
Wellness Together Canada Online and phone based	https://ca.portal.gs	No fee	- 24 hour crisis support for youth and adults - Youth text WELLNESS to 686868 - Adults text WELLNESS to 741741 - offers self-guided courses, online support groups and one-on-one counselling for those with mental health or substance abuse issues - counselling available by phone, text or video

Child & Youth Resources

24 hour crisis-line supported by Craigwood, Vanier and WAYS for children 0-18 years old & their family: 519-433-0334 24 hour Reach Out crisis line for all ages: 1-866-933-2023			
Craigwood Children, Youth and Family Services	520 Hamilton Road London, ON 519-432-2623 www.craigwood.ca	No fee	Eligibility: children and youth 12-18 years old & their families - walk in counselling - community counselling - parent groups - day treatment, after school respite programs - intensive family services

Family Service Thames Valley	125 Woodward Ave. London, ON 519-433-0183 (ext. 605 for intake worker) www.familyservicethamesvalley.com	Sliding scale	<ul style="list-style-type: none"> - individual, couple, family and group counselling - programs for people of all ages with developmental disabilities
Vanier Children's Mental Wellness	871 Trafalgar Street London, ON 519-433-3101 www.vanier.com	No fee	<p>Eligibility: Children less than 14 years old & their families</p> <ul style="list-style-type: none"> - walk in counselling program most days (times on website)
WAYS London	714 York St London, ON 519-433-0334 (located inside Adrenaline Training) ways.on.ca	No fee	<p>Eligibility: Youth 12-18 years of age</p> <ul style="list-style-type: none"> - counselling and mental health support - short-term crisis support and harm reduction - help obtaining food, shelter and clothing - advocacy and referrals to community services