

COMMUNITY RESOURCE LIST:

Canadian Mental Health Association: <https://cmha.ca/>

This is a resource center to help connect you to mental health services in your area.

Crisis Services and Support Lines – London and Middlesex

<https://www.southwesthealthline.ca/listServicesDetailed.aspx?id=10110®ion=London>

Therapy:

These are short term counseling services that are geared to income and use a sliding scale with it being free or low cost to the client. They start with an interview of what you want from counselling, mental health diagnoses, and other issues that you are seeking treatment for. With timing these services can be jumped between to keep counseling as consistent as possible.

DAYA <https://www.dayacounselling.on.ca/>

Uses a mix of experienced counsellors and persons finishing their degrees. There is a 6 to 8 month waiting list for their services. After services are completed there's a 6 month period before you can reapply. The number of sessions go from 3 – 20 sessions (averaging 12 sessions) depending on what your need is.

Community Counseling Services of London <https://www.communitycounsellinglondon.com/>

Here you will be treated by supervised interns finishing their degree and need their final clinic hours. They have a 20 week waiting list and you can receive treatment for up to 20 sessions.

Family Services Thames Valley <https://www.fstv.ca/>

Uses experienced counsellors. On average they give 8 sessions in their short term counselling services. There is a 6 to 8 month waiting list for their services. After services are completed there's a 6 month period before you can reapply.

Physiotherapy:

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

This place offered short term physio and occupational therapies that were OHIP covered. Occupational therapy works that can help rehabbing brain injuries, executive functioning like issues with house chores and physical tasks, or getting in and out of bath tubs, help getting paratransit etc. They're kind of like therapists for doing physical things where psychologists help with the mental side. They also me both a occupational therapist to help figuring out strategies to do chores and a physiotherapist to deal with chronic pain (2-4 sessions).

https://www.health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx

Last is for new injuries and OHIP covered Physiotherapy for new injuries. It covers 8 sessions for people between the ages of 18 to 65 and are on Ontario Works, and ODSP. It requires a doctor's referral.

*****If you know of any additional services for children, autism, or other community support please send the information to Suzanah (iliveuphere@gmail.com)*****