

Mental Health Resources

www.mentalhealth4kids.ca – **Mental Health 4 Kids**

Child and youth mental health services and support directory for the Counties of Elgin, Huron, London, Middlesex, Perth and Oxford

www.vawsec.on.ca – **Violence Against Women Services Elgin County**

Support centre for women who have been abused. 24/7 emergency shelter, crisis intervention, drop-in, short term and long term counselling. Confidential and free.

www.caselgin.on.ca – **Family and Children’s Services of St. Thomas and Elgin County**

www.mindyourmind.ca – **Mind Your Mind**

Website for youth providing a peer forum for shared resources, information and experience about mental health and stress management

www.connexontario.ca – **Connex Ontario**

Provides free and confidential health services information for people experiencing problems with alcohol, drugs, mental health or gambling.

www.211ontario.ca – **211**

Helpline and online database of Ontario community and social services. Call 2-1-1 for live answer and confidential assistance, 24 hours per day, 7 days per week.

<http://www.mentalhealthcommission.ca/> - **Mental Health Commission of Canada (MHCC)**

The MHCC is a catalyst for improving the mental health system and changing the attitudes and behaviours of Canadians around mental health issues. Through its unique mandate from Health Canada, the MHCC brings together leaders and organizations from across the country to accelerate these changes.

<http://www.sse.gov.on.ca/mohltc/ppao/en/default.aspx> - **Psychiatric Patient Advocate Office**

Protects and promotes the rights and entitlements of Ontarians with mental illness through advocacy, rights advice and education.

We envision a society where the rights of all individuals, regardless of mental illness or disability, are respected, protected and realized.

<http://www.ccboard.on.ca/> - **Consent and Capacity Board's (CCB)**

An independent provincial tribunal, the Consent and Capacity Board's (CCB) mission is the fair and accessible adjudication of consent and capacity issues, balancing the rights of vulnerable individuals with public safety.

Other agencies providing community counselling in our area:

http://www.familyservicethamesvalley.ca/community_counselling/index.html

Our counselling and group programs help people to address a range of concerns including: stressful life situations, times of transition, change, and loss; difficulties in personal, couple, and family relationships; emotional and psychological distress; and the impact of trauma or abuse.

<http://www.mediationcentre.on.ca/>

Our Mission is to provide professional, affordable counselling, mediation, education and training to the community. Our therapists are trained to work with children, aged 5 and older, as well as with adolescents and adults. The Centre offers individual, relationship, family and group treatment, and mediation according to the needs of the client

<http://www.westbridgeassociates.ca/>

We are a group of counsellors who provide professional confidential counselling on a fee-for-service sliding scale, or through third party payment.