

Available Resources

Groups:	Information:
SMART Recovery <ul style="list-style-type: none"> • Online group • Tools and Discussions that support areas of recovery 	https://www.smartrecovery.org/community/ <ul style="list-style-type: none"> • Click option 'online groups'
House of Sophrosyne <ul style="list-style-type: none"> • Virtual Addiction Treatment • For Females 	Program phone number: 226-340-0587 Program Email: cynthiam@sophrosyne.ca

Meetings:	Information:
AA <ul style="list-style-type: none"> • Online meetings available at scheduled times • Older meetings also available at provided link 	https://www.onlinegroupaa.org/?fbclid=IwAR2fslwdQUCe3GyCn0Dmrqd5dPctYgOBvB2IkOU955H8zJzRjggDtez75cY <ul style="list-style-type: none"> • Click option 'online meetings' • Must create a login in order to access Meetings
AA <ul style="list-style-type: none"> • Online meeting everyday at 10 am and 8 pm • Video/audio or just audio available 	https://us04web.zoom.us/j/6795502724 <ul style="list-style-type: none"> • Must download 'Zoom' (automatically takes you to downloading page at above link) • Access code: 6795502724
NA <ul style="list-style-type: none"> • Schedule of online NA meetings available at various times • Indicates which meeting is closed/open to public 	https://www.na.org/meetingsearch/text-results.php?country=Web&state&city&zip&street&within=5&day=0&lang&orderby=distance <ul style="list-style-type: none"> • Some options require 'Zoom' or 'Skype' • Click various links on left hand side
Recovery Dharma Online: Healing from Addiction with Buddhist Practice <ul style="list-style-type: none"> • Daily video and online meetings 	https://recoverydharma.online/ <ul style="list-style-type: none"> • Click 'Jump straight to spreadsheet of temporary meeting info'. This schedule is kept up to date and provides link to various meetings • Must download 'Zoom' for some meeting options
'Saying When' Phone App <ul style="list-style-type: none"> • Through CAMH • Self-help approach related to substance use 	https://www.camh.ca/en/camh-news-and-stories/introducing-the-saying-when-app <ul style="list-style-type: none"> • Link provides information on app •
Gam Talk <ul style="list-style-type: none"> • Live Chat Options 	https://www.gamtalk.org/ <ul style="list-style-type: none"> • Creating a login is required
Gamblers Anonymous Phone Meeting <ul style="list-style-type: none"> • Tuesdays at 7 PM (Based out of BC) 	<ul style="list-style-type: none"> • Registration for meeting starts at 6:45 PM handled by a Meeting Chair, Secretary and Timekeeper • Register using either of these phone numbers: <ul style="list-style-type: none"> ▪ +1 (613) 699 2642 Ottawa, ON(CA Toll) ▪ +1 (647) 494 4053 Toronto, ON(CA Toll)

	Give the ID number 890-477-4319# (Include the # sign at the end). You will be asked for 2nd ID number - IGNORE this and just wait to be connected. Once connected you will be able to talk to everyone on the line.
Online Gamblers Anonymous Meeting	https://www.intherooms.com/home/category/community-and-meetings/ <ul style="list-style-type: none"> • Click on 'Get Started' • Must register and create a login
Gambling Help Online Forums <ul style="list-style-type: none"> • Based out of Australia • "Chatty Tuesday" at 6pm 	https://forum.gamblinghelponline.org.au/ <ul style="list-style-type: none"> • Must register and create a login in to engage in forum

Support for Mental Health	Information
Big White Wall <ul style="list-style-type: none"> • Online peer-to-peer support community for mental health 	https://www.bigwhitewall.com/?lang=en-ca&from=ca/ <ul style="list-style-type: none"> • Click 'Join us' and input information to register • Program email: theteam@bigwhitewall.ca
Bounce Back <ul style="list-style-type: none"> • Run through CMHA • Skill-building program • For ages 15 years + • Delivered over phone and online videos 	Can self-refer on website: https://bouncebackontario.ca/ Phone: 905-241-5491 Toll Free: 866-345-0224 Program Email: bb-referral@cmha-yr.on.ca
Mood Disorders Association of Ontario <ul style="list-style-type: none"> • Telephone Support Line Monday to Friday between 9: 30 AM and 5 PM • Online forum available 	To access program information visit the website: https://mooddisorders.ca/ Telephone Support Line: 1-866-363-6663
The Support Line <ul style="list-style-type: none"> • Through CMHA • For ages 16 + 	https://cmhamiddlesex.ca/programs-services/support-line/ Support Line: 519-601-8055 Toll Free Number: 1-844-360-8055
Kids Help Phone <ul style="list-style-type: none"> • Support options include texting, live chat, phone and resources • Ages 16 and under 	https://kidshelpphone.ca/ <ul style="list-style-type: none"> • This link provides different support options • Click option that works best • For live response: 1-800-668-6868
The Crisis and Intake Team for: <ul style="list-style-type: none"> • Vanier Children's Services (birth to age 12) 	https://www.vanier.com/programs-services/community-services/crisis-intake-team/ <ul style="list-style-type: none"> • 24/7 Crisis Support Services and Intake

<ul style="list-style-type: none"> • WAYS Mental Health Support (ages 13-18) • Craigwood Children, Youth & Family Services (ages 12-18) 	<ul style="list-style-type: none"> • More information available at the above link • Call directly at 519-433-0334 • For French Language Services contact 519-433-3101 at extension 228
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In-Person Mental Health and Crisis Support	Information
Mental Health and Addiction Crisis Centre (London) <ul style="list-style-type: none"> • Through CMHA • Will receive a crisis assessment, intervention, stabilization and community resources 	Location: 648 Huron St., London, ON 24/7 Support For more information call: 519-434-9191 or visit: https://cmhamiddlesex.ca/programs-services/crisis-services/
Reach Out <ul style="list-style-type: none"> • Through CMHA • London, Middlesex, Oxford and Elgin • Information, support and crisis service 	24/7 Support Contact Reach Out at 519-433-2023 or 1-866-933-2023 Web chat support also available at http://reachout247.ca/

COVID 19 Resources	Information
Virtual Walk-In Clinic	https://cover.health/ Avoid the walk-in clinic and consult with a doctor virtually
Online COVID-19 Screener <ul style="list-style-type: none"> • Virtually consult with an Ontario doctor between 9AM and 6 PM ET 	https://www.getmaple.ca/covid-19-screening/ <ul style="list-style-type: none"> • Click 'Get Started Now' • Must create a login
Mental Health and the COVID-19 Pandemic <ul style="list-style-type: none"> • CAMH 	https://www.camh.ca/en/health-info/mental-health-and-covid-19 <ul style="list-style-type: none"> • Support with coping and up to date COVID information

Meals	Information
March 2020 Meal Calendar and Food Banks <ul style="list-style-type: none"> • UPDATED AS OF MARCH 19, 2020 ** 	https://www.informationlondon.ca/Uploads/ContentDocuments/March2020MealCalendar_FinalV2.pdf

Materials to Review	Information
Addiction and Recovery	Relapse Prevention Plan and Early Warning Signs https://www.addictionsandrecovery.org/relapse-prevention.htm
Jordan Peterson & Russel Brand	How to Beat Addiction https://www.youtube.com/watch?v=zjlaed_iw9Q&feature=youtu.be
How does Addiction affect the Brain?	https://www.farcana.org/understanding-addiction/how-do-drugs-affect-the-brain/
Mental Health 101	Free online tutorials to learn more about mental health https://www.camh.ca/en/health-info/mental-health-101
MindYourMind	Resources for wellness, tools, and #mytips for support with coping skills: https://mindyourmind.ca/
Positive Psychology Crisis Kit	Scroll to the bottom of the page and click “download it here” for a free copy of the kit https://positivepsychology.com/the-crisis-kit/
The Hurt Yourself Less Workbook	Link takes you directly to the workbook: http://studymore.org.uk/hylw.pdf
Best Start	Resources for Parents, Future Parents and Families https://resources.beststart.org/for-parents/ An interactive site through Best Start https://www.alcoholfreepregnancy.ca/ <ul style="list-style-type: none"> • Related to substance use and pregnancy