

# How do you feel today?



**Seeds** of Change

Assisting immigrants and refugees to learn more  
about mental health, mental illness and addiction

# Welcome

As an immigrant or refugee you may have experienced a lot of stress before coming to Canada. Also, being in a new country can bring on even more stress. This can affect the way you feel, how you think and how you see the world around you.

Mental illness and addictions can affect everyone. Immigrants and refugees may have additional stress and worries that make it even harder to ask for help.

Whether you just moved to Canada or have been living here for years, moving to a new country is a big event that affects people differently. During this time of change, you must cope with many challenges. These include finding a home, a job, a school for your children, new friends, and a community to support you and your family. You also have to learn a new language, adjust to a new climate and cope with racism or discrimination.

Our community wants people to be healthy. We want to help people with mental illness and addiction problems. Working together leads to a healthier society.

When help is offered there is no hidden agenda to spy on your life.

Having a mental illness or an addiction is the same as having any other physical illness like asthma, diabetes or heart disease. All illnesses need medical attention.

It's okay to ask for help. A person with a mental illness can get Canadian citizenship if they meet all of the other requirements.<sup>1</sup>

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## What is mental health?

Being healthy is feeling good. All parts of your body are working well. You have very few aches and pains. You are able to sleep well and it feels good to get up in the morning.

*Mental health is also about feeling good, but it is more about how your mind feels. When your mental health is good, you feel that life is good.*

You do not feel sad all the time or worry about everything. You do not think the world is against you. Life may be hard, but most of the time you enjoy being alive.

Without good mental health it is hard to do the things you need to do each day to have a full and happy life.

Good mental health involves finding a balance in all aspects of your life: physical, mental, emotional, and spiritual. It is the ability to enjoy life and deal with everyday challenges. You are able to make choices, cope with difficult situations, and talk about how you feel.<sup>1</sup>

## What is mental illness?

When people's minds are experiencing mental health difficulties, we say they have a mental illness. Some mental illnesses change how people think, some change people's moods, and some change what people do. A mental illness can also change the way you feel and how you get along with others. Mental illness can be mild or serious.

People with mental illness may:

- feel stressed or worried
- feel nervous or fearful
- feel angry or aggressive
- feel really tired or have too much energy
- lose interest in what they enjoyed in the past
- stop taking care of themselves
- stop spending time with family or friends.
- hear or see things that other people don't
- believe that something or someone is trying to harm them

Mental illness can cause serious problems in all areas of a person's life – physical health, relationships, school and work.<sup>3</sup>

**You are not alone. 1 in 5 Canadians will experience a mental illness in their lifetime. The remaining 4 will have a friend, family member or colleague who will.<sup>2</sup>**

## Who gets mental illness?

Problems related to mental illness and addictions can affect anyone regardless of age, gender, sexual orientation, income, education, or country.

Experts all agree that people do **not** get a mental illness because they stop believing in or practicing a religion. Spirituality can give you strength and help you cope with difficulties but not being religious does not cause mental illness.

*Mental illness is not something that you can catch from another person like a cold or flu.*

There is nothing shameful about having a mental illness. But sometimes you may feel ashamed and may not ask for help. This can cause more problems. Your mental health may get worse if you do not ask for help, advice or treatment.<sup>1</sup>

**7 out of 10 mental health problems and illnesses start during childhood and teenage years.<sup>2</sup>**

Everyone is at risk for mental illness but some factors that can increase your risk are:

- having no home
- not having a job or enough money to live
- experiences of discrimination
- problems with immigration status
- war or other trauma
- experiences of loss or grief
- changes in family and community<sup>4</sup>

## What causes mental illness?

Like physical illness, mental illness can be caused by a combination of our environment and our biology.

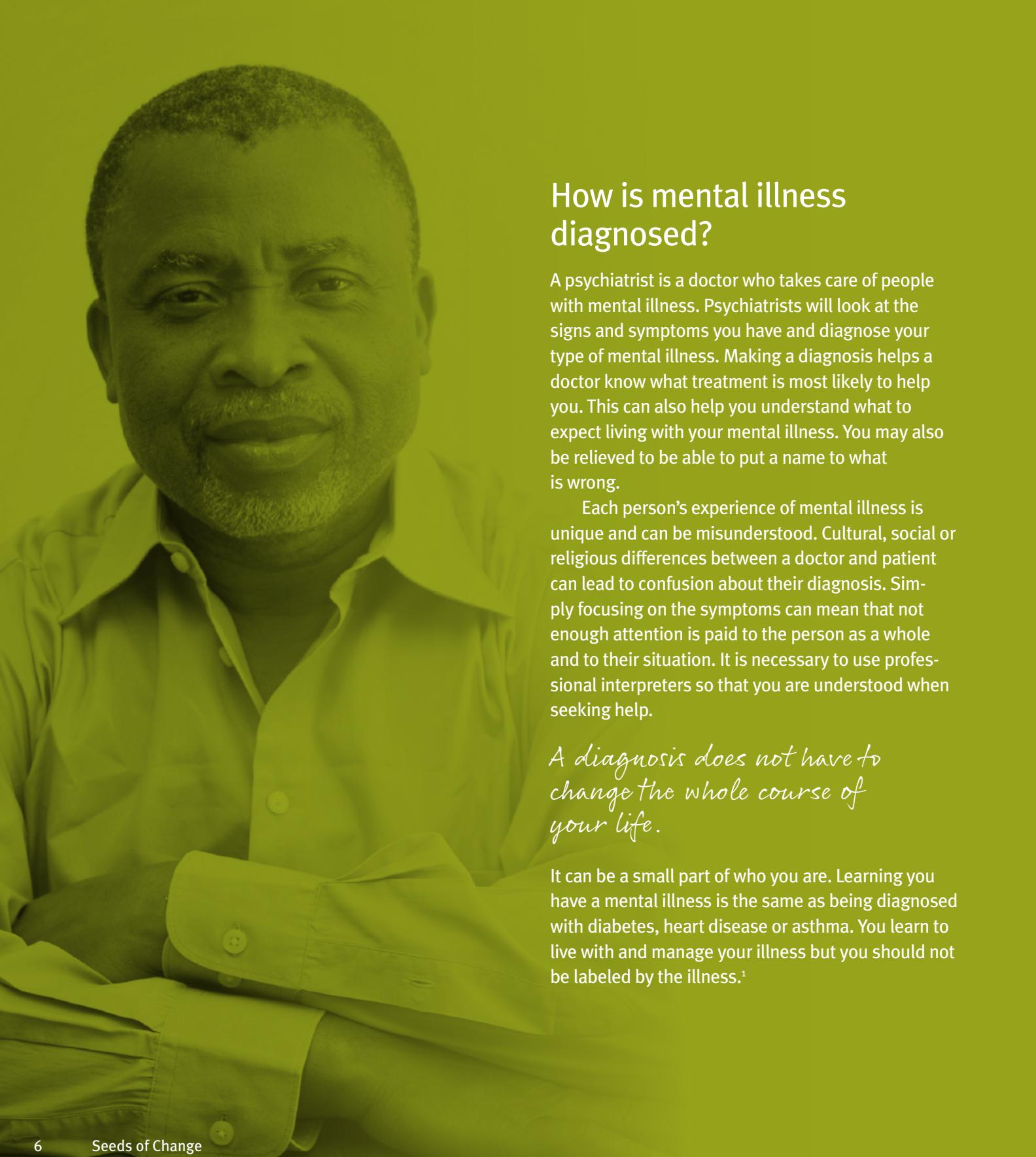
The environment includes everything around us in our daily lives. It includes the work we do, how much money we earn, and how much stress we are under. It also includes our experiences of loss, abuse, neglect or trauma. These changes in our environment can trigger a change in how our brains works.

Our biology is everything in our body. With some kinds of mental illness, the structure of our brain can change. The chemicals in our body and brain can also change. Sometimes people get the same mental illness that their parents had. It means you may be more at risk than someone else who does not have a family history of mental illness.

*These changes can make you see life differently.*

Paying attention to risk factors and asking for help right away is important.<sup>1</sup>

**A complex combination of genetic, biological, personality and environmental factors causes mental illness.<sup>5</sup>**



## How is mental illness diagnosed?

A psychiatrist is a doctor who takes care of people with mental illness. Psychiatrists will look at the signs and symptoms you have and diagnose your type of mental illness. Making a diagnosis helps a doctor know what treatment is most likely to help you. This can also help you understand what to expect living with your mental illness. You may also be relieved to be able to put a name to what is wrong.

Each person's experience of mental illness is unique and can be misunderstood. Cultural, social or religious differences between a doctor and patient can lead to confusion about their diagnosis. Simply focusing on the symptoms can mean that not enough attention is paid to the person as a whole and to their situation. It is necessary to use professional interpreters so that you are understood when seeking help.

*A diagnosis does not have to change the whole course of your life.*

It can be a small part of who you are. Learning you have a mental illness is the same as being diagnosed with diabetes, heart disease or asthma. You learn to live with and manage your illness but you should not be labeled by the illness.<sup>1</sup>

## Is it possible to recover from mental illness?

It is possible to recover completely from a mental illness. Some people do. Sometimes people even emerge from the experience feeling stronger and wiser. Others get over the worst symptoms, but may experience them again from time to time. Some people only need treatment for a short period of time, but others will always need some help to manage their illness. Psychiatrists cannot predict exactly what will happen to each person.

Never give up, no matter what you are told. It is possible to live with all types of mental illness. This means that people are able to live, work, learn and participate fully in their communities despite their mental illness.

*Believing you can get better and being around people who support you can help you recover or successfully live with your mental illness.*

A person's environment can contribute to mental illness. The environment is also a major part of someone's recovery. Family, friends or mental health workers who believe in you and build your hope can help your recovery process. Other things that can help include safe and affordable housing and living in an environment free from stigma and discrimination.<sup>1</sup>

**Mental illnesses can be treated effectively.<sup>5</sup>**

**Once depression is recognized, help can make a difference for 8 out of 10 people who are affected, allowing them to get back to their regular activities.<sup>5</sup>**

## How can stigma affect your life?

Some people think that mental illness and addiction problems bring shame, dishonour or disapproval. This negative way of viewing mental illness or addiction is called stigma. Stigma is often not based on facts. Stigma starts when people feel uneasy or embarrassed to talk about something. This may prevent them from seeking help for themselves or a family member.

In Canada, it is okay to talk about mental illness and addiction. We need to talk about these things so that people can feel safe to ask for help.

*Don't let stigma get in the way of asking for help!*

**Mental illness affects people of all ages, educational and income levels, and cultures.<sup>5</sup>**

**Almost one half of people who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem.<sup>5</sup>**

**Stigma or discrimination attached to mental illness presents a serious barrier, not only to diagnosis and treatment but also acceptance in the community.<sup>5</sup>**

## How can stress affect your life?

Stress is our response to a situation that we feel is beyond our ability and resources to manage. It is a feeling of being under pressure because of all the things we have to do or worry about.

It is natural to feel stressed as a reaction to major events in your life. This is really true when you feel like you are no longer in control and have to take care of too many things at the same time.

Some things can make you feel physically stressed. Some examples are not getting enough sleep, working long hours or not eating healthy foods. Other things can make you feel mentally stressed. An example of this is worrying too much.

Here are some situations that can cause a lot of stress:

- your spouse or another member of your family dies
- your marriage is unhappy
- you are separated from your family
- you take care of family members who live in a war-torn area
- re-uniting with family members you have been separated from for a long period of time
- a child is born
- you are the only person in your family who has a job
- you lose your job
- not having friends
- wanting to belong but feeling that you do not fit in
- living in an unsafe household or neighbourhood
- not being fluent in English

Your reactions to having too much stress in your life can be both physical and emotional. Physical reactions can include feeling your heart pounding and getting knots in your stomach. Stress from living through traumatic events like war, racism, discrimination and abuse, can have a huge effect on your mind and emotions.

All of this can lead to not getting enough sleep or eating too little or too much, which makes you feel even more stressed. Your mental health can eventually change to mental illness if you don't find ways to relieve stress.

*People deal with stress in different ways. Some people stay calm in even the most difficult situations, while others become very anxious.*

It is important to know how you react to stress so that you can take care of yourself or ask for help when you need it.<sup>1</sup>

## What can you do to lower stress?

Take care of your body:

- get moving - walk, dance or play soccer
- eat healthy food at regular meals
- get enough sleep so that you don't feel tired

Pace yourself:

- make a plan for each day
- be active when you have the most energy
- take your time, don't rush
- try not to do too much
- allow time for you to relax

If you do not speak English, enroll in language classes such as ESL (English as a Second Language) or LINC (Language Instruction for Newcomers to Canada).

This will help you learn English and:

- meet new friends and people with similar experience
- learn about Canadian customs and systems, such as schools, health, employment and resources

Stay connected with other people:

- get involved in your community through volunteering
- join a social or support group with people who share your concerns or background
- connect with a mosque, temple, church or other spiritual group
- visit your local settlement agency
- talk, eat, pray with friends and family

Have a healthy attitude:

- don't blame yourself for things you can't control
- remember failure is an important part of life and you can learn from it
- remind yourself that this condition you have does not mean you are weak or a failure
- focus on something positive in your life<sup>1</sup>

It is very important to ask for help and support when stress is too hard to cope with on your own. Ask for help from your family, friends and family doctor.<sup>1</sup>

## What can you do to help yourself?

- remember that you have managed difficult situations in the past
- learn about your mental illness or addiction, including how to monitor and control your symptoms
- ask for help when you are not doing well
- be aware of negative thinking and learn ways to change your thoughts
- believe that things can get better
- don't be afraid to ask for what you need when getting help
- work with your service providers, friends and family so that they understand your situation<sup>1</sup>

# What are some common mental illnesses?

Here is some general information about the most common mental illnesses. A person with mental illness does not have to have all the symptoms listed here. Some of these symptoms may be a sign of physical illness. Talk to a trained professional, like your family doctor, if you think you have a mental illness. You should not use this information to diagnose yourself or someone else; it is only for information. **Only a psychiatrist can make a diagnosis.**

## Depression

Approximately 8 in 100 adults will experience major depression at some time in their lives.<sup>5</sup>

You may be **depressed** if you

- are very sad and cry a lot without a reason
- have lost interest in things that you used to enjoy
- have become withdrawn
- can only see bad things in yourself
- feel very tired
- cannot concentrate
- feel that life is not worth living
- eat a very different amount than usual

## Anxiety disorders

Anxiety disorders affect 5 in 100 Canadians, causing mild to severe impairment.<sup>5</sup>

You may have an **anxiety disorder** if you feel nervous and afraid when you are not in any danger. This may mean that you:

- think you are losing control
- feel that you cannot breathe
- feel that you are choking
- have pains in your chest
- feel dizzy
- feel chilly or very hot
- feel tingling in your hands or mouth

Two common kinds of anxiety disorders are panic disorders and phobias. If you have a **panic disorder** you will feel panic and your heart will start beating very fast for no reason. If you have a **phobia**, you feel very afraid of something that isn't likely to harm you.

## Adjustment disorder

You may have an **adjustment disorder** if you are doing things or feeling things because of stress. What you do or feel makes it hard for you to lead a normal life. You could get an adjustment disorder if you are under too much stress. Adjustment disorder does not usually last longer than six months.

## Post-traumatic stress disorder (PTSD)

**Post-traumatic stress disorder (PTSD)** is a natural emotional reaction to traumatic experiences such as rape, bombings, torture, the death or disappearance of family or friends, or witnessing another person being tortured or killed. Natural disasters such as hurricanes, floods or earthquakes can also lead to PTSD. It can affect anyone, including children.

If you experienced any of these events you may not be able to keep the memory of what happened out of your mind.

You may:

- have nightmares about what happened that keep coming back
- feel afraid all the time
- have a hard time concentrating
- feel that you are never safe
- act or feel as if the event is happening again
- avoid places, activities or people that remind you of the traumatic experience

People who were treated badly as political prisoners or were forced to flee their homeland may also develop post-traumatic stress disorder.

## Obsessive compulsive disorder

You may have an **obsessive compulsive disorder** if you worry about the same things over and over, and you do the same thing over and over to try to stop worrying. For example, you may worry that your hands are dirty, and you will wash your hands again and again to try to get them clean. This will interfere with your daily life.

## Eating disorders

You may have an **eating disorder** if you eat a lot more than or a lot less than what you need, and it makes you sick.

Two common eating disorders are anorexia nervosa and bulimia nervosa. If you have **anorexia nervosa**, you are very afraid of being fat but you are underweight and you keep losing weight. If you have **bulimia nervosa** you eat a lot and then get rid of the food by making yourself vomit. Some people say that these two disorders exist because of all the pressures on women to be thin.

Some young people develop eating disorders in order to fit the model for beauty that they see in the media.

## Bipolar disorder

About 1 in 100 Canadians will experience bipolar disorder.<sup>5</sup>

You may have **bipolar disorder** if:

- Your moods change a lot
- You never feel calm
- You either feel very confident and happy or very very sad
- When you feel good, you do not sleep well and you talk a lot
- When you feel bad, you feel like crying all the time and you feel worthless

## Schizophrenia

Schizophrenia affects 1 in 100 Canadians.<sup>5</sup>

You may have **schizophrenia** if you:

- hear voices that tell you to do things you would not usually do
- think that people want to harm you
- have confused thinking
- cannot speak clearly
- have lost interest in things you used to enjoy

## Impulse control problems

You may have an **impulse control problem** if you cannot stop yourself from doing something that you know is wrong. Before you do it, you feel very tense. After, you feel happy and relaxed. One example is **kleptomania**, which means that you cannot stop yourself from stealing.

## Borderline personality disorder

You may have a **borderline personality disorder** if you:

- worry that people are going to disappoint or leave you
- have mood changes a lot within a short time
- get angry with the people closest to you and you do not know why
- are very happy sometimes, but you are mostly sad, angry and bitter<sup>1</sup>



## What is addiction?

Addiction is something that can hurt your relationships and physical health. If you have an addiction you may use alcohol or other drugs too much or too often. You may also do an activity too often, like gamble and lose too much money.

It is easy to become addicted to these things. It isn't always easy to know that you have an addiction. Even people close to you may not know there is a problem.

Some warning signs of addiction are:

- missing work or school
- running out of money with no explanation of how the money was spent
- stealing money or items to sell
- sudden change in friendships or activities
- getting into trouble more than usual (fights, accidents, illegal activities)
- unexplained change in personality or attitude (fear or anger)

Addiction can affect your physical and mental health. It also affects the way you make decisions about things like work, school, friendships and how you spend your money.

1 in 10 Canadian 15 years of age and over report symptoms consistent with alcohol or illicit drug dependence.<sup>2</sup>

3.8% of adults in Ontario are classified as having moderate or severe gambling problems.<sup>2</sup>

As you learn more about addiction, you start to see that it is not a simple issue. Why doesn't everyone who uses drugs or gambles become addicted? Why is it that others find it hard to quit even when they want to?

The answers to these questions are not yet known. It is clear that addiction is about more than a person's character or personal choices.

*People do not choose to have an addiction.*

Getting rid of the idea that people choose to become addicted is an important step in understanding and helping people with addictions.

Checklists for determining if someone has an addiction usually include these items:

- The person cannot stop the substance use or the activity, despite trying to stop again and again
- The substance or the activity has become the focus of the person's life
- The person continues the activity or substance use even though it has serious and negative effects on their life (for example being arrested or losing your home)<sup>6</sup>



## What is dependence?

Addiction is sometimes referred to as “dependence”. There are two kinds of dependence with substance use:

**Psychological dependence** occurs when a person feels he or she needs the drug, alcohol or activity to function or feel comfortable.

**Physical dependence** occurs when a person's body has become used to having the drug or alcohol in it. Tolerance has developed, which means that the person needs to use more of the drug or alcohol to get the same effect. When the person stops using the drug, symptoms of withdrawal occur. This can include physical and emotional symptoms like anxiety, headaches, difficulty thinking, fever, nausea, vomiting, sweating, and diarrhea.<sup>6</sup>

## What causes addiction?

We do not know why some people become addicted and others do not.

It seems that people develop addictions for many reasons. Some of these reasons are:

- biology
- family history of addiction
- difficult childhood
- mental health problems
- stress
- cultural influences
- not fitting in socially
- trauma including emotional, physical or sexual abuse
- discrimination or oppression

While researchers continue to study the causes of addiction, some things are clear: nobody chooses to become addicted, and addiction is not simply a personal weakness or character flaw.<sup>6</sup>

## How is addiction treated?

People may think they can just stop using alcohol and other drugs or stop gambling on their own. Very few people can do this without help. It is important for you ask for professional help.

Treatment programs and support groups can help limit or stop the substance use or the activity.

- No single type of treatment will work for everyone since different factors lead people to addiction
- Different types of treatment are used to treat different types of addiction

Meeting with a trained counsellor for an addiction assessment is a good way to start looking for help. The assessment helps to identify your problems and strengths, and to figure out what treatment approach and level of support is best for you.<sup>6</sup>

## How can you support someone who is recovering from an addiction?

It is hard for someone to admit they are unable to stop using a substance or stop an activity such as gambling. It takes courage to admit a change is needed and to work at making the change happen.

Here are some ways to help:

- tell them you believe that they can make the change and get better
- help with practical problems such as finding housing, a job, or transportation to support group meetings
- be a good listener and try not to make judgments
- help the person plan how to handle difficult situations without using the addiction to cope (relapse)
- support the person through failures; remember this is very hard for them
- celebrate even small successes<sup>6</sup>



## What are concurrent disorders?

Some people experience both mental illness and addiction problems at the same time. People also can have more than one mental illness at the same time. Professionals call this having concurrent disorders.

People often ask, “Which came first: the mental illness or the addiction problem?” This is a hard question to answer.

These problems can appear in a variety of ways. People may have a mental illness and addiction at the same time or at different times in their lives.

**Symptoms may be different or more intense because of having concurrent disorders.<sup>7</sup>**

## What are the causes and risk factors?

There is no simple cause of concurrent disorders. Mental illness and addiction problems can affect each other in several ways:

- substance use can make mental illness worse
- substance use can look like or hide the symptoms of mental illness
- sometimes people turn to substance use to “relieve” or forget about the symptoms of mental illness
- some substances can make mental illness medications less effective
- using substances can make people forget to take their medications. If this happens, the mental illness may come back (relapse) or get worse
- when a person relapses with one problem, it can trigger the symptoms of the other problem

**A person with concurrent disorders may have more serious physical, social and emotional problems. Treatment may take longer and be more challenging.<sup>7</sup>**

**About 1 in 5 people with a mental illness have a concurrent substance use problem.<sup>2</sup>**

## How do you respond to someone who has a mental illness or addiction problem?

It can be hard to figure out what to do when you are worried about someone who has a mental illness or addiction problem. Here are some simple “dos and don’ts” to start with:

### **Don’t ignore the problem.**

Do raise your concerns with the person and let him or her know you are there to listen.

### **Don’t argue with the person.**

Do provide factual information about the problem. Be patient but persistent if the person gets angry or denies there is a problem.

### **Don’t judge the person.**

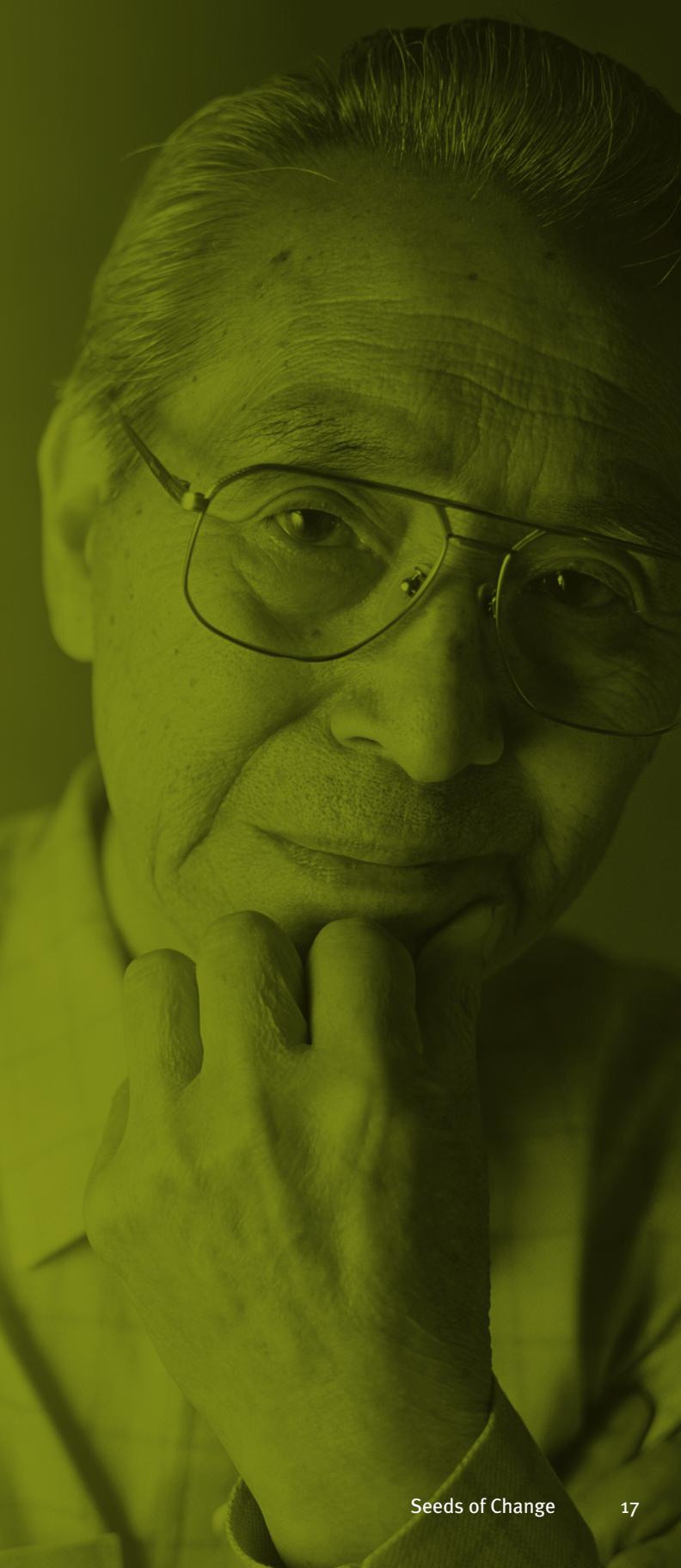
Do be positive and encourage change instead of blaming the person or making him or her feel guilty.

### **Don’t push for treatment.**

Do find out about available treatment programs and tell the person about them. He or she has to be the one to decide to make a change.<sup>6</sup>

**Even if you don’t see any answers now, it doesn’t mean they don’t exist.<sup>8</sup>**

**Suicide is one of the leading causes of death in both men and women from adolescence to middle age.<sup>5</sup>**





## What is suicide?

Suicide is when you end your own life on purpose. This happens to people of all ages, rich or poor, from any country or of any faith.

Most often, people turn to suicide when they have lost hope and feel helpless. They want their pain to end, and see no other way out. Suicide can also be an impulsive act that follows the use of drugs or alcohol.

Feeling sad or worried are normal reactions to living in a new country. Ask for help if you feel this way for more than a few weeks.

When you get help for mental illness and addiction problems, it is normal to be asked questions about suicide.

*Suicide can be prevented. Most people who die by suicide have shown warning signs that they were thinking of killing them - selves.*

If you are feeling suicidal, help is available. Many causes of suicidal thinking can be recognized and treated.

## Who is at risk?

People who have:

- a serious mental illness or addiction problem
- a serious physical illness
- had a recent major loss for example, the death of a loved one or a job loss
- a family history of suicide
- tried to commit suicide before
- an impulsive personality
- a lack of support from family or friends
- access to weapons, medications or other lethal means of suicide.

## What are the warning signs?

People may:

- show a sudden change in mood or behaviour
- show a sense of hopelessness and helplessness
- express the wish to die or end their life
- increase the amount of drinking or substances they use
- withdraw from people and activities that they used to enjoy
- sleep more or less than usual
- eat less than normal
- give away important things they own
- make preparations for their death (for example, creating a will).

## What can reduce the risk?

Increasing “protective factors” which include:

- support from family, friends and the community
- a sense of responsibility for others like children or pets
- belief in your ability to get through hard times
- skills that help you get through these hard times
- a positive relationship with a medical or mental health provider
- a religious belief that suicide is wrong

*There are simple things you can do to help your mood.*

These include spending time with friends and family; avoid spending a lot of time alone; keeping a routine of regular sleep and waking times, eating regular meals, and exercising.

## What can you do if you are thinking about suicide?

If you are thinking about killing yourself, **THERE IS HELP.** Start by letting someone know how you are feeling:

- talk to someone you trust, such as a family member or friend
- tell your doctor, teacher, spiritual advisor, counsellor
- call 911 or go to the emergency department
- call a distress line



# Mental Health and Addiction Services in London and Middlesex

## HELPLINES:

Children's Mental Health Crisis Intake Team	519-433-0334
London & District Distress Centre	
• Crisis Response Line	519-433-2023
• Distress Line	1-866-933-2023
• Seniors HelpLine	519-667-6711
Drug & Alcohol Helpline	519-667-6600
Mental Health Helpline	1-800-565-8603
Ontario Problem Gambling Helpline	1-866-531-2600
	1-888-230-3505

## AGENCIES:

**Addiction Services of Thames Valley**  
200 Queens Avenue, Suite 260, London ON N6A 1J3  
519-673-3242 [www.adstv.on.ca](http://www.adstv.on.ca)  
  
Call for help with addiction problems including alcohol, drugs and problem gambling. Individual counseling and group work are available. Walk In Intake Clinics available on Mondays and Thursdays at 1pm. This is not a crisis service. Services are available in Oxford, Elgin, and Middlesex County.

**Canadian Mental Health Association**  
648 Huron Street, London ON N5Y 4J8  
519-434-9191 [www.london.cmha.ca](http://www.london.cmha.ca)  
  
Call for information, education, and support services. Services available include face to face appointments with CMHA crisis mobile response or support

counseling; family support; assessment; housing advocacy; justice and court support services; and the London Coffee House.

### Daya Counselling Centre

Skill Centre-141 Dundas Street (6th floor)  
London ON N6A 1G3  
519-434-0077 [www.dayacounselling.on.ca](http://www.dayacounselling.on.ca)  
  
Call for counselling for individuals, couples and families for persons over 16 years of age. Daya Counselling Centre will provide assistance with personal and relationship difficulties including the impact of trauma and abuse.

### Family Service Thames Valley (FSTV)

125 Woodward Avenue London ON N6H 2H1  
519-433-0183 [www.familyservicethamesvalley.com](http://www.familyservicethamesvalley.com)  
  
Call for counselling for individuals, couples and families. FSTV will provide assistance with personal and relationship difficulties including the impact of trauma and abuse. Group programs, Healthy Living Workshops and financial counselling are available. Services are available in London and Middlesex County.

### London Health Sciences Centre

800 Commissioners Road East N6A 5W9  
[www.lhsc.on.ca](http://www.lhsc.on.ca)

### Child and Adolescent Mental Health Care Program

519-667-6640 [www.lhsc.on.ca/camhcp](http://www.lhsc.on.ca/camhcp)  
  
Offers assessment and treatment for children and adolescents with mental health difficulties including depression, anxiety, and trauma.

### Adult Mental Health Care Program

519-667-6551  
[www.lhsc.on.ca/About\\_Us/MHCP\\_Adult/](http://www.lhsc.on.ca/About_Us/MHCP_Adult/)  
  
Offers general mental health services, including work with victims of trauma.

### Muslim Family Support Service

125 Woodward Avenue London ON N6H 2H1  
519-200-7990 [www.familyservicethamesvalley.com](http://www.familyservicethamesvalley.com)  
  
Call for help with concerns including: adjusting to Canadian society, life stress, basic needs, family or child difficulties, abuse, addictions, and mental health concerns. The MFSS worker will provide short term help and connect Muslim individuals and families to local supports, services and resources. Service is available in London and Middlesex County.

### Muslim Resource Centre for Social Support and Integration

Unit 211-111 Waterloo Street London ON N6G 2M4  
519-672-6000 [www.mrcssi.com](http://www.mrcssi.com)  
  
Call for support navigating the social service or social justice system. The Muslim Resource Centre for Social Support and Integration will help connect and coordinate services for Muslim individuals and families.

### WOTCH Community Mental Health Services

534 Queens Avenue London ON N6B 1Y6  
519-668-0624 [www.wotch.org](http://www.wotch.org)  
  
WOTCH provides service to adults over 16 years of age who require support living with a mental illness. WOTCH will provide support in the following areas: activities of daily living, getting back into the community, affordable housing, life skill development, social and

recreational activities, employment and education, healthy relationships, and budgeting.

## Women's Mental Health Resources

**WOTCH Community Mental Health Services**  
550 Hamilton Road London ON N5Z 1S4  
519-642-7630 ext. 225 [www.wotch.org](http://www.wotch.org)

Women living with mental illness can call for support and information on women's mental health. Services also include: drop-in; assessment, referral and advocacy; consultation; crisis intervention; individual counseling; and support groups.

## Reseau-femmes du Sud-Ouest de l'Ontario

Regional office is located in Sarnia.  
London 226-374-6644 Sarnia 519-332-8897  
[www.reseau-femmes-soo.org](http://www.reseau-femmes-soo.org)

French-speaking victims of domestic violence can call for counseling and peer support groups.<sup>9</sup>

## WEBSITES:

[mindyourmind.ca](http://mindyourmind.ca)

A website and digital resource for youth and young adults to access information, resources and tools during tough times. Help yourself. Help each other. Share what you live and know.

[mentalhealth4kids.ca](http://mentalhealth4kids.ca)

Visit this website for current and relevant information about mental health for children and youth. Information on this website is for kids, parents, educators and service providers. A list of local organizations that are available for children and youth is provided.



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- Family Service Thames Valley
- Centre for Addiction and Mental Health
- Networking for Inclusive Community (NIC)
- Canadian Mental Health Association
- Life Resource Centre – North Park
- London Cross Cultural Learner Centre
- London InterCommunity Health Centre
- Middlesex-London Health Unit
- United Way London & Middlesex
- Women’s Community House
- London Police Service \*
- Vanier Children’s Services \*

\* supporting members

## References

- 1 This section was adapted from: Navigating Mental Health Service in Toronto: A Guide For Newcomer Communities, produced by Community Resource Connections of Toronto available by calling 416-482-4103 or online at [www.crct.org](http://www.crct.org)
- 2 Centre for Addiction and Mental Health (CAMH) (2013). Mental Health and Addiction Statistics. Accessed online at [http://www.camh.ca/en/hospital/about\\_cmh/newsroom/for\\_reporters/Pages/addictionmentalhealthstatistics.aspx](http://www.camh.ca/en/hospital/about_cmh/newsroom/for_reporters/Pages/addictionmentalhealthstatistics.aspx)
- 3 This section was adapted from: Navigating Mental Health Service in Toronto: A Guide For Newcomer Communities, produced by Community Resource Connections of Toronto available by calling 416-482-4103 or online at [www.crct.org](http://www.crct.org); and Faith Health Initiative developed by the Centre for Addiction and Mental Health.
- 4 This section was adapted from: Faith Health Initiative developed by the Centre for Addiction and Mental Health.
- 5 Canadian Mental Health Association (CMHA) (2013). Facts About Mental Illness. Accessed online at <http://www.cmha.ca/media/fast-facts-about-mental-illness/>
- 6 This section was adapted from: Mental Health & Addictions 101 Series: Introduction to Addiction, designed and developed by Mark Fernley, Education Services Program Development for the Centre for Addiction and Mental Health, available online at [www.camh.ca](http://www.camh.ca).
- 7 This section was adapted from: Health Information: Mental Health & Addiction Information: Concurrent Disorders, from Centre for Addiction and Mental Health webpage, available online at [www.camh.ca](http://www.camh.ca).
- 8 This section was adapted from: Health Information: Mental Health & Addiction Information: Suicide, from Centre for Addiction and Mental Health webpage, available online at [www.camh.ca](http://www.camh.ca).
- 9 This section was adapted from: Community Resources for Newcomers with No Health Coverage, developed the Newcomer Health Resource Group.

# *Seeds of Change*

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