

Substance Use Support Services Middlesex London

(Updated May 2023)

Name	Address & Phone	Information
Al-Anon, Alateen	519-457-9393 www.london-on-al-anon.org	24-hour answering service provides support for families & friends of problem drinkers. Provides locations & times of group meetings in London & the area. Volunteer counselors on call.
Alcoholics Anonymous	London-Middlesex Ontario AA 30 Adelaide St N, Unit 2A5 London, ON N6B 3N5 519-438-1122 (hotline) or 519-438-9006 (office) http://www.aadistrict11.ca	The 24-hour answering service provides support from volunteers at 519-438-1122. Information on locations & times of group meetings in London & the area provided. Office open & staffed Mon-Wed 12:00-3:30 pm & Sat 10:00 am-1:00 pm.
Centre for Addiction and Mental Health (Information Line)	CAMH Information Line: 1-800-463-6273 info@camh.ca	The Centre for Addiction and Mental Health's (CAMH) Information Line provides general information resources for CAMH facilities and how to access services. CAMH answers phone calls Monday – Friday, 8:00 am to 5:00 pm.
Centre for Addiction and Mental Health (Access CAMH)	Access CAMH 1-800-463-2338 (then press option 2 on the main menu, then option 4) www.camh.ca/en/your-care/access-camh	The Access CAMH resource manages all patient intake and referrals. The phone service is answered Monday – Friday, 8:30 am to 4:30 pm, and for people seeking CAMH addiction services, with or without a mental health concern. Self-referral. Access CAMH also provides more detailed information on the programs running at CAMH.
Canadian Mental Health Association Thames Valley Addiction and Mental Health Services	200 Queens Ave. Suite 260 London, ON N6A 1J3 519-673-3242 ext.1222 www.cmhatv.ca	CMHA Thames Valley Addiction and Mental Health Services (TVAMHS) is an integrated mental health and addiction agency providing community-based support and services to individuals aged 12 and up across Elgin, Middlesex, and Oxford Counties.

Carepoint Consumption and Treatment Service	446 York Street London, ON N6B 1R2 519-434-1601 www.hivaidconnection.ca/carepoint	Carepoint Consumption and Treatment Service operates daily from 9:30am to 9:00pm. The site offers a low-barrier, hygienic, stigma-free environment for people to use pre-obtained drugs under the supervision of harm reduction workers and medical staff. Individuals are provided with a range of sterile harm reduction supplies, education on safer consumption practices, overdose prevention/intervention, along with medical and counselling services. “Wrap-around” supports such as referrals to drug treatment, mental health services, housing, primary care, indigenous support, income support and other services are also offered at the site.
Connex Ontario	1-866-531-2600 www.connexontario.ca	Provides information about gambling, drugs, alcohol, and mental health issues. Offers support and strategies to help the individual meet their goals. Provides contact information for mental health and addiction services. Available anywhere in Ontario 24 hours a day/7 day a week.
Heartspace (for women pregnant, parenting, and substance-involved)	200 Queens Ave. Suite 260 London, ON N6A 1J3 519-673-3242 ext.1222 https://cmhatv.ca/programs-services/heartspace/	Heartspace program specializes in the prevention, early identification, education, and community treatment for women who are pregnant and/or parenting children prenatal to 6 years of age and have substance use concerns.
Kids Help Phone	www.kidshelpphone.ca 1-800-668-6868 or Text CONNECT to 686868	Kids Help Phone is Canada’s only 24/7 e-mental health service offering free, confidential support to young people in English and French.
Middlesex-London Health Unit	110-355 Wellington St. (inside Citi Plaza) London, ON N6A 3N7 519-663-5317 www.healthunit.com	Needle Exchange Program, Naloxone (Overdose) Take-Home Kits with training, Safer Inhalation Kits, and Sexually Transmitted Infection and Birth Control Clinics.
N’Amerind London Friendship Centre Alcohol and Drug Program	260 Colborne Street London ON N6B 2S6 519-672-0131 www.namerind.on.ca	The Aboriginal Alcohol & Drug workers program is designed to offer support to those with alcohol, drug & addiction concerns, as well as their families. Provides information and education to interested people and other organizations. The Aboriginal Alcohol & Drug worker is a certified red path facilitator, native mental health and addiction certified, plus over 15 years of experience working and helping families, individuals & communities.

Narcotics Anonymous	See the website for times and location http://www.glana.ca/locations/London.html	Offers support for people with drug (legal or illegal) and alcohol concerns. The website provides times/locations of meetings in London and the surrounding area.
Nimkee Nupigawagan Healing Centre	20850 Muncey Road RR#1 Muncey, ON N0L 1Y0 1-888-685-9862 www.nimkee.org	Nimkee Nupigawagan Healing Centre is a residential Solvent & Substance Abuse Centre for First Nation and Indigenous youth. NNHC is committed to empowering Indigenous youth, families, and communities through culturally based holistic treatment and recovery services.
Oneida Nation of the Thames – National Native Alcohol and Drug Abuse Program	2229 Elm Ave. Southwold, ON N0L 2G0 519-652-9844	Increase awareness of substance abuse and its effects on self, family, and community. Inform the community about mental health issues, the addiction cycle and hope for recovery. Support clients with referrals to addiction agencies, detox centres and treatment centres. Offer culturally integrated healthy lifestyle and life skills information. Increase awareness of harm reductions: medications (disulfiram, naltrexone, vivitrol), suboxone, methadone, needle and cooker exchange, naloxone/narcan, and referrals to HIV/AIDS testing etc., Counselling, group support and aftercare. Advocate and liaise with other mental health and addiction agencies in support of the recovery process.
Quintin Warner House, Mission Services of London	459 York St. London, ON N6B 1R3 519-434-8041 www.missionservices.ca/helpp/qwh/	20-bed addiction treatment centre providing a four-month live-in program for males 18 years of age and older. The program includes intensive group therapy along with aspects of healthy living including assertiveness, life skills, goal setting, spiritual awareness, and recreational activity. Additional post-treatment supportive housing is available for up to one year.
Reach Out (Mental Health, Addiction and Crisis Services)	1-866-933-2023 www.reachout247.ca Connect online through the web chat feature	Reach Out is a free, 24/7, confidential mental health and addictions information, support and crisis service for people living in Elgin, Middlesex, Oxford, and London.
Regional HIV/AIDS Connection	201-602 Queens Avenue London, ON N6B 1Y8 519-434-1601 or 1-866-920-1601 www.hivaidconnection.ca	Services are provided to people living with HIV/AIDS and HCV, their partners/family/friends, as well as those concerned about HIV/AIDS and HCV or at risk for HIV. All services are free and confidential. Practical support, counseling services, and programming to diverse populations of people affected by issues related to HIV/AIDS along with educational resources related to safer sex, needle exchange program, and safe injection site.

Teen Challenge Canada	9340 Sharon Road London, ON N6P 1P3 519-652-0777 www.tclondon.ca	Teen Challenge is a 12-month, faith-based, in-residence drug and alcohol rehabilitation program for adult men 18+ years. Christian counseling. Cost involved.
Turning Point	612 Mornington Ave London ON N5Y 3G1 519-659-9618 https://turningpointlondon.com/	A long-term recovery home for those seeking help from drug and alcohol dependency. Based out of London, Ontario. Offering men's and women's residential recovery. Provides various programs, from individual and group counseling to life skills training.
Westover Treatment Centre	2 Victoria Street South Thamesville, ON N0P 2K0 519-692-5110 Addiction assistance service line: 1-800-721-3232 www.westovertreatmentcentre.ca/	Provides a 19-day residential service for chemically dependent persons and a 6-day residential service for co-dependent persons in Thamesville. 6-day relapse prevention program (phase 2) for those who are 6 months post-treatment. 28-day virtual program for anyone 16+. 6-month weekly aftercare services in London on Wednesday's 12:00 pm-6:30 pm. Recovery support on Zoom Mondays, Wednesdays & Fridays. 24/7 quick counselling support via phone call. Funded. Call Mon.-Fri. 9:00 am-5:00 pm for information.
Withdrawal Management Salvation Army London Centre of Hope	281 Wellington Street London, ON N6B 2L4 519-432-7241 519-661-0343 ext. 270/271 www.centreofhope.ca/withdrawal-management/	Provides substance withdrawal management services 24 hours a day 7 days a week. Residential care for men & women 16 years of age and older. Provides brief counseling and referrals to groups & treatment services. Will transfer to hospital by ambulance if necessary. Medical or self-referral. Fully funded by the Ministry of Health.