

# Resources to help you (Free of Charge)



**Canadian Mental Health Association (CMHA)** – [www.cmha.ca](http://www.cmha.ca), Tel: 519-434-9191. Sign up to receive London Middlesex Branch e-mails by e-mailing Trix Vanegmond at [tvaneqmond@london.cmha.ca](mailto:tvaneqmond@london.cmha.ca), and you will receive valuable information about upcoming workshops, support programs, etc. It is important to educate yourself on anxiety/depression so you know how to help your son/daughter. CMHA, London-Middlesex Branch has a Resource Library – Tools for Taming and Trapping Worry Dragons (Children's Workbook), Taming Worry Dragons, Worry Taming for Teens are some good resources, etc.

**Mind Your Mind** – [mindyoumind.ca](http://mindyoumind.ca) This is a place for youth and emerging adults to access information, resources and tools during tough times. "Help yourself. Help each other. Share what you live and know." Youth can share their stories online, and helps them realize they are not alone with how they are feeling.

**Mental Health For Kids** – [www.mentalhealth4kids.ca](http://www.mentalhealth4kids.ca) Offers full list of community services and support directory for children and youth mental health.

**Children's Mental Health Ontario** – [www.kidsmentalhealth.ca](http://www.kidsmentalhealth.ca) Provides current information to help navigate the children's mental health system, and help you access resources and supports that best meet your needs.

**Kids Help Line** – 1-800-668-6868 Youth can call this number to talk if they are struggling with different issues such as anxiety or they are being bullied or any type of struggle they are currently dealing with.

**London Mental Health Crisis Service** – 519-433-2023 24 hour crisis line where a professional mental health counselor will answer your call and help you through your immediate crisis (whether you're feeling unable to cope, are depressed or thinking of suicide) and link you to other supports and services in the community. For youth who are age 16 years+.

**Crisis Intake Line** – 519-433-0334 Call this number and you will be referred to the proper organization, whether it be Craigwood Youth Services, Vanier Children's Services, Western Area Youth Services, etc.

**Craigwood Youth Services** – [www.craigwood.on](http://www.craigwood.on), Tel: 519-432-2623 To be accessed through the Crisis Intake Line. Provides mental health treatment for youth between the ages of 12 and 18 years who experience severe emotional, social and/or behavioural difficulties at home and/or in the community.

**Note: These services are more for behavioural problems (not anxiety, but you can benefit from hearing about parenting strategies to help you)**

Offers the Friends Growth Program – a program for youth between the ages of 11 and 14 who want to manage and prevent anxiety and depression and learn practical skills and strategies for coping with stress, worry, fear and sadness. This is a program for youth to share their stories with one another and know they are not alone; however, the youth have to be ready to admit they have an illness and be ready to reach out and accept help from others.

**Vanier Children's Services** – [www.vanier.com](http://www.vanier.com), Tel: 519-433-3101 To be accessed through the Crisis Intake Line. Works with youth between the ages of 7 and 14 years dealing with behavioural issues. Offers HOPE Program – Helping Other Parents Excel – run by parents for parents. They believe that parents have unique insights and valuable experiences that complement the expertise of professionals.

**WAYS – Western Area Youth Services** – [www.ways.on.ca](http://www.ways.on.ca), Tel: 519-432-2209 To be accessed through the Crisis Intake Line. Offers support for youth between the ages of 14 and 21 years – both community support and group home support, and parent support group.

**WOTCH Community Health Services** – [www.wotch.org](http://www.wotch.org), Tel: 519-668-0624, E-Mail: [info@watch.on.ca](mailto:info@watch.on.ca) WOTCH is dedicated to serving adults in South Western Ontario who suffer from serious mental health illness such as schizophrenia or bi-polar disorder. Works with individuals starting at the age of 17 years. Offers family support – Family Recovery Education (6 week program offering session once a week) to families of young adults dealing with a mental illness and is open to families of younger individuals. Offers "Inspiring Recovery Together", an ongoing family support program offered twice a month.

**Adolescent Mental Health Outreach Program, Regional Mental Health Care** – Tel: 519-455-5110, ext. 49800, [www.sjhc.london.on.ca/mhl/programs/adolescent](http://www.sjhc.london.on.ca/mhl/programs/adolescent) Offers a Community Outreach Program providing counseling for youth between the ages of 13 and 18 years dealing with anxiety and other types of mental health issues. The psychiatric nurses meet with the youth out in the community, i.e. home, school, coffee shop, etc. to help them deal with their issues and re-integrate them into the community if they become reclusive. Will work with one of the staff psychiatrists, and caregivers have the option to also work with a social worker.

**Tillmann Family Resource Centre, St-Joseph's Regional Mental Health Care** - 519-455-5110, Ext. 47440 [www.sjhc.london.on.ca/mental-health-care/tillmann-family-resource-centre-and-family-advisory-council](http://www.sjhc.london.on.ca/mental-health-care/tillmann-family-resource-centre-and-family-advisory-council) Provides resources to help learn about a mental health issue. Offers resource library, support groups, education courses offered twice a year (spring and fall)

**Child and Adolescent Mental Health Care Program** – [www.lhsc.on.ca](http://www.lhsc.on.ca), Tel: 519-667-6640 Provides family therapy, individual therapy, group therapy and pharmacotherapy (medication therapy) through Outpatient Services. Provides services to youth under the age of 18 years. Offers day treatment for youth between the ages of 10 and 17 years who require more intensive services, but do not require hospitalization – while in day treatment, youth will attend W.D. Sutton School in order to receive their education.

**FEMAP (First Episode Mood and Anxiety Program), London Health Sciences Center** – [www.lhsc.on.ca](http://www.lhsc.on.ca), Tel: 519-646-6000, ext. 65178, E-mail: [FEMAP@lhsc.on.ca](mailto:FEMAP@lhsc.on.ca) Program helping teens age 16 years+ and young adults with emotional concerns that fall into the categories of mood and/or anxiety symptoms.

**PEPP – Prevention & Early Intervention Program for Psychoses**, [www.pepp.ca](http://www.pepp.ca), Tel: 519-667-6777, E-Mail: [pepp@lhsc.on.ca](mailto:pepp@lhsc.on.ca) Provides treatment and support for individuals (all ages) suffering from psychoses (loss of contact with reality). Offers PEPP Parent Support Group and Peer Support Program.

## EAP – Employee Assistance Program

Does your employer offer EAP?

If so, this is counseling that can be accessed to help you – you must take care of yourself to be able to support your loved one.

**Child Psychologists** (these sessions are charged on an hourly basis)

Dr. Darlene Elliott-Faust, Tel: 519-872-5852

Dr. Karen Scarth, Tel: 519-679-5148

*This information was compiled and written by Linda Dollard as a parent of a child with severe anxiety. I hope this will be helpful to you. Sincerely, Linda, June 2011*

*Parents of Children in  
London & Middlesex  
County*

# Does Your Child Experience Anxiety or Depression?

*Linda Dollard  
A Parent's Perspective  
June 2011*

## From a Parent's Perspective

### Anxiety/Depression

Does your son or daughter frequently complain of a stomach ache or headache preventing them from going to school?

Does your son or daughter have difficulty getting out of bed on a school day saying they are not feeling well and cannot go to school?

Do you have a son or daughter who struggles with severe anxiety interfering with their daily routine and preventing them from attending school or participating in other activities?

### IF SO, THEN PLEASE READ ON:

I have a son who struggles with severe anxiety and has been unable to go to school since March, 2009. I first noticed symptoms of anxiety starting in January, 2007. The difficult part for me was not knowing where to turn for help. *That is why I have compiled this information offering resources of possible places to turn to get the help your family needs.*

Anxiety is a mental health illness and needs to be acknowledged and treated. Did you know that 1 in 5 children in Ontario struggle with some form of mental health illness? Anxiety and depression are two of the most common forms of mental health illness (Information from Children's Mental Health Ontario).

Individuals can learn strategies (cognitive behavior treatment) to cope with their anxiety so they can function from day to day. It will be hard for your son or daughter to push past those uncomfortable feelings, but the answer is not to avoid the situation which causes them anxiety. However, strategies need to be put in place first to help them cope with the bad feelings. They cannot be forced to push through it without having the strategies in place to help them.

### THE KEY IS EARLY DETECTION & DIAGNOSIS:

- Start by seeing your family physician who will refer you to a psychiatrist or appropriate professional to do an assessment and make a diagnosis.
- Your child must be ready to admit they have an illness, and be willing to reach out and accept help – as a parent, you can be there to love and support them, but you cannot fix it for them – the child needs to take ownership and be ready to accept the help that everyone wants to offer them.
- When your child is ready and willing to accept help, cognitive behavior treatment will be recommended which provides them with tools to help them deal with their anxiety, i.e. breathing and relaxation techniques, thinking and telling themselves positive things, listening to music, etc.
- Medication may be needed, and you will rely on the professionals to help you with this – if medication is needed, it takes about 4 to 6 weeks before you can tell whether the medication is helping, and many times, it is a matter of finding the right medication and the right balance.



### Film to see

**Fighting Their Fears: Child and Youth Anxiety**  
Through interviews with experts and 3 young people, this compelling documentary outlines the causes, symptoms and treatments for anxiety disorders and emphasizes the importance of early identification and intervention. In all 3 stories (2 on anxiety and 1 on Obsessive Compulsive Disorder), there is hope for recovery. Can pick up a copy at CMHA (L-M) to see or at the Central Public Library - workshop is sometimes offered at the Central Public Library to view this film followed by a guest speaker, child psychologist, Dr. Darlene Elliott-Faust.

### TO SUMMARIZE:

*There is help out there & you are not alone.*

*Educate yourself to know how to help your loved one.*

*Hearing other people's stories is a great way to know you are not alone & gives you hope.*

*There is hope for recovery - your loved one can learn to cope with their anxiety/depression or other mental health illness in order to live a normal & successful life.*

*You cannot fix your loved one - your loved one has to be ready to admit he/she has an illness & be ready to reach out & accept the help that is available.*

If you need a parent to reach out,  
feel free to contact me at  
[l.dollard@rogers.com](mailto:l.dollard@rogers.com).

Linda Dollard, June 2011