



Her Worship Deb Gilvesy
Mayor of Tillsonburg
10 Lisgar Ave,
Tillsonburg, ON
N4G 5A5

Dear Mayor Gilvesy,

Congratulations on your successful candidacy in the recent municipal election! As Co-CEOs of Canadian Mental Health Association (CMHA) Thames Valley Addiction and Mental Health Services, we look forward to working together with you on supporting the wellbeing of individuals in your community.

Our agency provides integrated mental health and addiction care through community-based supports and services to individuals aged 12 and up across Middlesex, Elgin, and Oxford counties. Following the integration of four organizations (Addiction Services of Thames Valley, CMHA Elgin, CMHA Middlesex, and CMHA Oxford), we are committed to our mission of igniting hope and fostering change by providing a continuum of mental health and addiction education, supports, and services. We continue to address gaps and tailor programs in the communities we serve to best meet needs by remaining dedicated to delivering service.

Throughout the past two and a half years, we have seen the effects of the pandemic exacerbate issues related to mental health and addiction in individuals from all walks of life. Between 2021-2022, we connected with over 18,100 unique clients, including more than 1,200 engaged in housing supports. We also provided nearly 60,000 meals and supported almost 12,000 individuals in crisis.

Although these figures may present a somber situation, we believe that through collaboration and compassion, we can continue to provide and create sustainable, effective supports and solutions for those challenged by mental health and/or addiction. We hope we can count on you to be a supportive community partner and a part of the collaborative support system.

Enclosed in this package is information on our agency and the services we provide. If you have further questions or would like to meet with us to learn more, please email communications@cmhatv.ca.

Regards,

Beth Mitchell, Co-CEO

Linda Sibley, Co-CEO



Fast Facts:

- Over **one-third of Ontarians** say their mental health has declined since the onset of the pandemic.
- **One in five Ontarians** felt they needed help with their mental health during the pandemic but did not receive it because they didn't know how or where to get it, couldn't afford to pay, they couldn't get access or their insurance didn't cover it.
- Since the start of the pandemic between **21 – 27 per cent of Ontarians** are consuming more substances like tobacco, cannabis and alcohol.
- The rate of opioid-related deaths is at an all-time high. While the current situation is often described as an “opioid overdose crisis,” it can also be described as a “drug poisoning crisis.” This is because the unregulated drug supply is contaminated with many toxic substances that are contributing to the tragic number of overdoses, hospitalizations and deaths in Ontario.
- As an agency, we have recorded an increase in the demand for our services over the course of the pandemic:
 - 78 per cent increase in non-face-to-face interactions with mental health clients
 - 26 per cent increase in calls to Reach Out mental health and addictions crisis line
 - 149 per cent increase in clients accessing the Rapid Access to Addictions Medicine (RAAM) clinic.



**YOUR
DONATION
CREATES
TRANSFORMATIONAL
CHANGE!**

.....

Each donation made to CMHA Thames Valley Addiction & Mental Health Services enables us to directly help individuals living with addictions and mental illness. It is through donations we are able to advance the agenda for positive change, reduce stigma and make a real impact on care, support and outreach.

Charitable donations occur in a variety of ways including: sponsorships, community events, monthly support, in honour or in memory donations, legacy gifts and special funding partnerships which assist us meet the urgent demand for services.

Your commitment and support can make all the difference to someone in crisis. Please contact our office at donate@cmhatv.ca to learn about how your gift can make an immediate impact today and going forward.

OUR LOCATIONS

London Regional Centre & Corporate Services
200 Queens Ave. | Suite 260
London, ON N6A 1J3
519.673.3242

St. Thomas Regional Centre
10 Mondamin St | Suite 109
St. Thomas, ON N5P 2V1
519.673.3242

Woodstock Regional Centre
522 Peel St
Woodstock, ON N4S 1K3
519.539.8055

Strathroy Hub
21 Richmond St.
Strathroy, ON N7G 2Z1
519.245.0121

Tillsonburg Hub
41 Broadway St.
Tillsonburg, ON N4G 3P4
519.842.9425

Exeter Hub
149 B Thames Road West
Exeter, ON N0M 1S3
519.235.3180

Walk-In Mental Health & Addictions Crisis Centre
648 Huron St.
London, ON N5Y 4J8
519.434.9191

Other Locations

Aylmer | Oneida First Nation | Munsee-Delaware
Goderich | Exeter | Ingersoll | London

**Visit cmhatv.ca for additional location
information**

info@cmhatv.ca | cmhatv.ca

Follow us on:

 @CMHA_TV |  CMHATV |  @cmhatv



**Resilience for all
through positive
mental health
and freedom from
addiction.**



**Canadian Mental
Health Association**
Thames Valley
Addiction and Mental Health Services

cmhatv.ca

IN THAMES VALLEY, EVERY YEAR WE HELP:

1,200+

People housed in supportive housing

67,000+

meals and snacks served

59,076+

clients served through Support Line, Reach Out, & Friendly Callers

10,000+

People access support for depression, substance use, behavioural addictions, anxiety, schizophrenia, bipolar, caregiver education, corporate workshops or other mental health and addiction services.



Sometimes life gets hard.

We're here to support you on your journey to overall health & wellness.

At CMHA Thames Valley Addiction & Mental Health Services, our mission is to ignite hope and foster change by providing a continuum of mental health and addiction education, supports, and services to our community.

You can expect to experience:

**Inclusion | Compassion | Respect
Choice | Collaboration | Accountability**

PROGRAMS & SERVICES

CMHA Thames Valley Addiction & Mental Health Services is here to encourage and support you on your journey through mental health and/or addiction challenges.

Addiction Medicine | Case Management
Clinical Counselling | Community Education & Training | Community Wellness Programs
Congregate & Independent Housing
Crisis Services & Intervention
Eating Disorders Residence | Family Support
Housing Supports for Adults & Youth
Justice & Court Diversion
Mental Health & Addiction Crisis Centre
Mental Health Medicine | Peer Support
Mobile Crisis Response & Outreach Teams
Substance Use | Opioid Addiction Programs
Problem Gambling | Behavioural Addictions

GETTING STARTED

We know how difficult it can be to ask for help or to make a change. Whether you or someone you care about are struggling with mental health, substance use, problem gambling, or other behavioural concerns, we can help.

Visit cmhatv.ca for details or contact us at **519-673-3242** or info@cmhatv.ca

NEED SUPPORT NOW?

mental health
addictions
crisis services

REACH OUT

519-433-2023 | 1-866-933-2023

reachout247.ca

Coordinated Crisis Support in London, Middlesex, Oxford, & Elgin Counties

MENTAL HEALTH & ADDICTIONS
CRISIS CENTRE

648 Huron St. London, ON
Walk-in Mental Health & Addiction Crisis Supports

 **SUPPORT
Line**

519-601-8055 | 1-844-360-8055

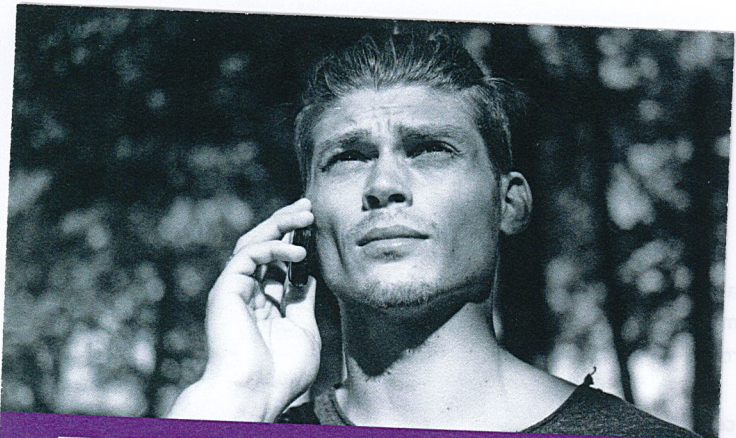
Supportive Listening from trained volunteers.

GET INVOLVED

There are many ways that you can help build a community with mental wellness and freedom from addiction for all.

Make an impact by:

- Volunteering
- Making a donation
- Attending a workshop or training session
- Participating in an awareness event
- Joining our social media network & sharing our content



REACH OUT

mental health
addictions
crisis services

1-866-933-2023

Reach Out is a confidential, 24/7 information, support and crisis service for people living in Elgin, Oxford, Middlesex and London.



519-433-2023 | www.reachout247.ca f t

1

Reach Out is a 24/7 information, crisis & support line for mental health or addictions concerns. Call it in crisis, or when you need a quick connection to services. **519-433-2023/1-866-933-2023**

2

The Mental Health and Addictions Crisis Centre is a 24/7 walk-in service. Come in when in crisis, feeling suicidal, or experiencing severe symptoms of mental illness, emotional trauma, or substance withdrawal. **648 Huron Street, London**

3

The Support Line's highly trained volunteers offer confidential supportive listening & community resource information. Call when you are lonely, sad, or stressed. **519-601-8055/1-844-360-8055**