# ARE YOU FEELING...

STRESSED
ISOLATED
LONELY
SAD
OVERWHELMED
ANGRY
NERVOUS
SCARED
FRUSTRATED
LIKE YOU DON'T BELONG
HAVING BAD DREAMS

DO YOU WONDER IF YOUR USE OF ALCOHOL, DRUGS, GAMBLING OR GAMING ACTIVITIES ARE:

HURTING YOU
TAKING TOO MUCH
OF YOUR TIME
STOPPING YOU FROM
DOING THINGS YOU LIKE
CREATING DEBTS
HURTING OTHERS



#### **MENTAL HEALTH SERVICES**



#### PRIVACY AND CONFIDENTIALITY

We value your privacy and handle your personal health information with respect and sensitivity. We only collect information that will help our team provide you with the best possible care, and we will not share it without your consent.

The French Mental Health and Addiction System Navigation Program is a program of Addiction Services of Thames Valley (ADSTV).

### WE'RE HERE TO HELP.

FRENCH SERVICES CONTACT

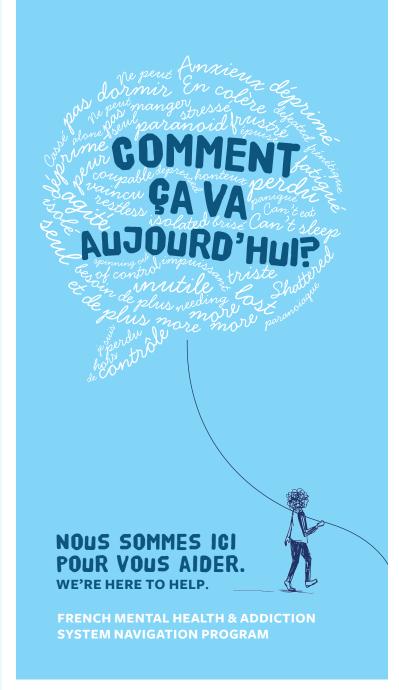
Phone: 519-673-3242 ext. 271 E-mail: frenchservices@adstv.ca. adstv.on.ca/our-programs/frenchmentalhealth

### Emergency support is available at www.connexontario.ca or call

Mental Health Helpline at 1-866-531-2600 Drug and Alcohol Helpline at 1-800-565-8603 Ontario Problem Gambling Helpline at 1-888-230-3505

ADSTV is a community-based service.

We operate in co-operation with local addiction, mental health and health care agencies, through the South West Local Health Integration Network (LHIN).



MENTAL HEALTH SERVICES



## WELCOME TO THE FRENCH MENTAL HEALTH & ADDICTION SYSTEM NAVIGATION PROGRAM



#### **ACCESSING OUR SERVICES**

This program is for French-speaking individuals and families who are concerned about issues related to mental health and/ or addictions concerns.



#### **AREAS SERVED**

The System Navigator can assist francophones across South West Ontario including the following counties:

LONDON-MIDDLESEX
GREY-BRUCE
HURON-PERTH
OXFORD
ELGIN
NORFOLK

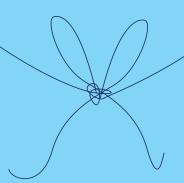
# THIS PROGRAM PROVIDES ACCESS TO MENTAL HEALTH AND/OR ADDICTION SUPPORT SERVICES IN FRENCH.

#### **MEET OUR SYSTEM NAVIGATOR**

The System Navigator is here to help you access the services of mental health and addictions professionals including psychiatrist consultations, if needed. You will be linked with French-speaking professionals using the services of the Ontario Telemedicine Network, an innovative and secure technology.

By gaining the support of and working with a variety of local organizations and healthcare professionals, this program aims to develop a support network for delivering services and building links to provide clients with continuing care. These services include:

- Comprehensive mental health and addiction screening, assessment and treatment planning.
- The development of an individualized plan of care.
- Case management services.
- Linkages to appropriate healthcare and other support services.



#### **CONTACT US**

For more information about how to access our French language services or for referral forms, call us at 519-673-3242 ext. 271 or email frenchservices@adstv.ca or visit adstv.on.ca/our-programs/frenchmentalhealth



