



Supports for Men in London

Online

- www.mensgroup.com

24/7 Crisis Lines

- **Reach Out Mental Health & Addiction Crisis Line** – 519-433-2023 (phone or text)
- **Canadian Human Trafficking Helpline** – 1-833-900-1010
- **Male survivors of sexual violence** – 1-866-887-001
- **Connex Ontario** (addiction, mental health & problem gambling) – 1-866-531-2600

Sexual Assault/Abuse

- **Regional Sexual Assault & Domestic Violence Treatment Centre** - [Sexual Assault and Domestic Violence Treatment Program | St. Joseph's Health Care London](#). St. Joseph Hospital – 268 Grosvenor Ave, London, 24/7 Crisis – 1-866-863-0511. Provides emergency services & follow up for men who have been sexually assaulted
- **Sexual Abuse Therapists in London** - [Find the Best Sexual Abuse Therapists and Psychologists in London, ON - Psychology Today](#)
- **Opening the Circle** – www.openingthecircle.ca. A weekly peer support group for men & women who have experienced sexual assault/abuse

HIV/AIDS

- **Regional HIV/AIDS Connection** – www.hivaidconnection.ca, #30-186 King Street, London, 1-866-920-1601. Supports individuals living with HIV/AIDS including counselling, programming, and needle & syringe exchange

Immigrants & Refugees

- **Cross Cultural Learner Centre** – www.lcclc.org, 505 Dundas Street, London, 519-432-1133. Offers integration services to newcomers
- **LUSO** – www.lusocentre.org, Unit 2-1193 Oxford Street E, London, 519-452-1466. Offers newcomer settlement services, basic needs & multicultural outreach

Men in Conflict with the Law

- **St. Leonard's Society** – www.st-leonards.com, 405 Dundas Street, London, 519-850-3777. Provides services for individuals in conflict with the justice system including diversion programs, community & substance abuse, supportive housing & reintegration services.
- **John Howard Society** - <https://johnhoward.on.ca/london/>, 601 Queens Ave, London, 519-438-4168. Supports individuals involved with the law. Offers individual, group and family counselling, bail verification & supervision, direct accountability, record suspension & youth outreach.

Emergency Shelter, Food & Housing

- **Mission Services** - [Mission Services of London | Since 1951..More than Just a Shelter](#), 459 York Street, London, 519-672-8500. Provides safe day space, showers, laundry, social and educational programming, and addiction assessment and treatment referrals.
- **Salvation Army Centre of Hope** - [Homepage - The Salvation Army Centre of Hope | London, ON](#), 281 Wellington Street, London. Also provide support for withdrawal management, family services & housing stability bank
- **Unity Project** – www.unityproject.ca, 717 Dundas Street, London. Offers emergency shelter, & housing stability housing
- **Ark Aid Street Mission**, 696 Dundas Street, London, 519-669-0322. Day program offering meals & basic needs, academic tutoring, job support, alternative justice measures,
- **St. Joseph's Hospitality Centre** – 707 Dundas Street, London. Drop-in centre offering hospitality meals, referral to shelters and clothing resources, friendship, and social support
- **London & Middlesex Community Housing** – 519-434-2765
- **City of London, Housing Access Centre** – 519-661-0861, Citi Plaza, 355 Wellington Street

Mental Health & Addiction Support

- **CMHA Thames Valley Addiction & Mental Health Services** (Mental health & addiction organizations in process of unification), multiple locations.
 - Addiction Services - www.adstv.on.ca
 - Mental Health Services – www.cmhamiddlesex.ca

Primary Health Services

- **London Intercommunity Health Centre** – www.lihc.on.ca, 659 Dundas Street, London, 519-660-0874. Offers primary & trans healthcare, HIV, AIDS & Hepatitis C support, and mental health & addiction services

Indigenous Services

- **Atlohsa Healing Services** – 519-432-2270, 343 Richmond Street, London.

- Text supports
- Housing – 519-476-3783
- Mental wellness/outreach – 519-318-3914
- Street outreach – 519-319-0584
- Anti-human trafficking – 519-318-0795

Holistic healing services including men's group, employment, legal & meditation services, housing support, addiction supports, social & community programming

- **Southwest Ontario Aboriginal Health Access Centre (SOAHAC)** - 425-427 William Street, London, 1-877-454-0753. Offers wellness services including traditional healing, mental health, addictions, & primary health care
- **N'Amerind Friendship Centre** - 260 Colborne Street, London, 519-672-0131. Offers culturally relevant & holistic programming including family support, addiction & post-charge diversion services

Muslim & Arabic Services

- **Muslim Resource Centre for Social Support & Integration** - 111 Waterloo Street, Suite 100, London, 519-672-6000. Supports for families including men who have used violence in their families

Anti-Violence Supports

- **Changing Ways** – www.changingways.on.ca, 555 Southdale Road E, Suite 100, London. 519-438-9869. Offers individual and group counselling for men who have used violence in their relationships
- **John Howard Society** – www.johnhoward.on.ca/london/, 601 Queens Ave, London. 519-672-6000. Offers anger management & healthy relationship programs
- **Man/Made** - <http://www.anovafuture.org/manmade/>. A four-week psychoeducational group for postsecondary men that facilitates conversation and peer modelling around healthy masculinity and sexuality. Designed for both male peer leaders seeking to contribute to creating a world without violence, and for young men who have committed sexual violence & been mandated to attend by their post-secondary institution.

Supports for Men who Want to be Better Fathers

- **Caring Dads** – www.changingways.on.ca/caring-dads, 555 Southdale Road E, Suite 100, London, 1-888-438-9869. Offers individual and group intervention program for men who have abused or neglected their children or exposed them to the abuse of their mothers
- **Dad Club London** - <https://www.dadclublondon.com/>. A non-profit network & resource for fathers and pending fathers to give and receive support & share wisdom & information.

Community Counselling

- **Family Service Thames Valley** – www.familyservicethamesvalley.com, 519-433-0183, 125 Woodward Ave, London. Provides individual and group counselling to men including men who have been sexually abused
- **Daya Counselling** - <https://dayacounselling.on.ca/>, 519-434-0077, 333 Dufferin Ave, London. Counselling for men including sexual abuse. Sliding scale for people who qualify.
- **Male Therapists in London** – www.psychologytoday.com/ca/therapists/male/on/london