

Changes to hours of service:

Due to the COVID-19 pandemic, emergency measures have been put into place wherein non-essential Beausoleil First Nation services on Christian Island are shut down until further notice.

What this means for accessing Mental Health and Addiction Services:

-The Log Cabin (Addiction and Mental Health Office) is now closed to the public until further notice

-The Addiction and Mental Health Workers can be reached through Beausoleil Family Health Centre, which is open during regular office hours: Monday-Thursday 8:30am-4:30pm, Friday 8:30am-11:30am

To speak with Log Cabin staff, provide a call-back number with reception at the Health Centre and someone from the Addiction & Mental Health Team will contact you directly.

To book an intake or check-in appointment with an Addiction and Mental Health Worker at the Health Centre, call reception at (705)-247-2035. Proper physical distancing measures outlined by Public Health will be implemented at all times. Non-essential face-to-face meetings will be conducted over the phone or via video conferencing.

Due to COVID-19 health and safety restrictions, walk-ins will not be accepted. Please call ahead first.

Are programs accepting new referrals/intake?

Yes. Intake appointments can be booked with the Addiction and Mental Health team through the Health Centre at 705-247-2035. Please call ahead as drop-in intakes will not be available.

Programs that are completely closed:

-In-person group programming (i.e. Women's Circles)

Programs that have been modified and how programming is available to clients:**12-STEP MEETINGS**

For the duration of the COVID-19 pandemic, Alcoholics Anonymous, Cocaine Anonymous, and Narcotics Anonymous meetings are available online via <https://www.12step.org/social/online-meetings/>

CHECK-IN APPOINTMENTS

Check-ins for pre-existing clients are available over the phone or via video conferencing. In-person intake appointments at Beausoleil Family Health Centre will be determined on an individual basis. Contact the Health Centre for more information at (705)-247-2035.

COUNSELLING

Counselling appointments with off-island service providers can be coordinated through the Addiction & Mental Health staff. These counsellors can be accessed over the phone, through Zoom video conferencing, or Ontario Telemedicine Network (OTN). Community members who have reliable internet connection in their homes are encouraged to access these counsellors from home to prevent risk of COVID-19 transmission.

We recognize that this is a difficult time and that these circumstances are unprecedented. There are numerous resources available both online and over the phone to help you cope with social distancing and isolation:

Crisis Services Canada Helpline: 1-833-456-4566

If you or a loved one are thinking about suicide, call this helpline for immediate crisis counselling and intervention available 24/7

First Nations Hope For Wellness Helpline: 1-855-242-3310 (online chat also available at www.hopeforwellness.ca)

If you just want to talk, are feeling distressed, or overwhelmed, call this helpline for culturally-safe counselling and support

Good2Talk (ages 17-25): 1-866-925-5454

(counselling and referrals for post-secondary and indigenous institute students in Ontario)

ConnexOntario: 1-866-531-2600

Addiction, Mental Health, and Problem Gambling treatment services & information

Online Mental Health Supports:

mindyourmind.ca - space for youth to access resources and tools for managing stress, crisis and mental health concerns

www.anxietycanada.com - Anxiety Canada

www.virusanxiety.com - Coronavirus anxiety support

www.imcw.org - Free meditation classes

Online Addiction Supports:

<https://www.12step.org/social/online-meetings/> - Online 12-Step Meetings

www.intherooms.com - A Global Recovery Community

www.smartrecovery.org - Self-Management and Recovery Training

www.grenfellministries.org/overdose-prevention-line - Overdose Prevention in Ontario