



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 or 1-866-933-2023



The Crisis Centre is a 24/7 walk-in service located at 534 Queens Avenue, London



The Support Line offers confidential supportive listening for those feeling lonely, sad or stressed.

Call: 519-601-8055 or 1-844-360-8055

About My Sisters' Place

My Sisters' Place is a safe, welcoming and inclusive centre that supports women and girls through drop-in and wrap-around services. Many experience multiple vulnerabilities including gender-based violence, trauma, chronic mental and physical health challenges, home-lessness or housing instability, substance use, and extreme poverty.

About CMHA Thames Valley Addiction and Mental Health Services

CMHA Thames Valley Addiction and Mental Health Services is an integrated mental health and addiction agency providing community-based supports and services to individuals aged 12 and up across Elgin, Middlesex, and Oxford Counties.

Our vision is resilience for all through positive mental health and freedom from addiction.

566 Dundas Street, London

519-679-9570

Toll-free: 1-877-859-0352

mysistersplace@cmhamiddlesex.ca



My Sisters' Place: Primary Care Clinic





Welcome to the primary care clinic

My Sisters' Place, a program through CMHA Thames Valley Addiction and Mental Health Services, offers a primary care clinic for women over the age of 16, who have health care needs and have limited access to or no health care provider. This is a temporary health care service until a permanent health care provider can be found.

Services available at the clinic:

- Well-woman examinations (PAP tests, breast examinations, etc.)
- Screening for health problems
- Disease management (asthma, high blood pressure, COPD, etc.)
- Immunizations
- Order blood work, ultrasounds or x-rays when clinically needed
- Testing and treatment of common health problems such as bladder infections, rashes, and wound care
- Birth control options
- Pregnancy and post-partum care
- Coordinate interventions and/or treatment plans
- Referrals to community agencies and specialists when clinically needed

Services *not* available at the clinic:

- Ability to order controlled medications such as Benzo's (i.e. Xanax), opioids (i.e. Dilaudid) or stimulants (i.e. Adderall)
- Emergency services

Clinic access:

- Drop-in appointments are seen on a first-come-first serve basis
- Some scheduled appointments that require more time are available

For more information about the clinic, please contact the staff at My Sisters' Place.

What is a Nurse Practitioner?

A primary health care nurse practitioner (NP) is a registered nurse with extra training. An NP can do most of the skills traditionally done by family doctors in Ontario such as ordering x-rays, diagnosing and treatment of illnesses, including writing prescriptions.

The NP at this clinic works with other health care providers in the community including doctors, nurses, social service and mental health workers, addiction counsellors, and many others that may help you make decisions to improve your health.

For more serious health concerns, the NP may consult with a doctor, refer you to a specialist or transfer care to the nearest urgent care centre or emergency room.

