

# Resources for Newcomers With No Health Coverage

- \* **Disclaimer:** The services listed below have been identified to assist health professionals and service providers working with newcomers in London and Middlesex County. Please note: The listed organizations are not specifically endorsed by the resource developers and the listing may not be inclusive of all available services.
- \* **"Newcomer"** includes any person who has entered Ontario without any OHIP coverage or extended health care benefits.
- \* **Note:** Some services may have associated costs. Please refer to accompanying booklet.

<b>Primary Health Care</b>	Family Health Clinic (Middlesex-London Health Unit) Nurse Practitioner Led Clinic	519.663.5317	Ext. 2317	
	Health Zone: Merrymount Location Nurse Practitioner Led Clinic	226.777.1988		
	Health Zone: Southdale Location Nurse Practitioner Led Clinic	226.785.1923		
	Health Zone: Allan Rush Gardens Location Nurse Practitioner Led Clinic	226.785.1929		
	London InterCommunity Health Centre	519.660.0874	Ext. 255	
	<b>Medical Services</b>	The Clinic (Middlesex-London Health Unit) Birth Control (Low Cost) Sexually Transmitted Infection Clinic	519.663.5446	
Immunization Clinic (Middlesex-London Health Unit)		519.663.5317	Ext. 2330	
Ontario Breast Screening Program		519.432.0255		
Thames Valley Midwives		519.433.5855		
Womancare Midwives		519.645.0316		
<b>Prenatal Services</b>	Healthy Babies Healthy Children	519.850.2280		
	Smart Start for Babies Program	519.646.2961		
	<b>Developmental Screening</b>	Developmental Resources for Infants (DRI) (Newborn - 2 years)	519.685.8710	
		All Kids Belong	519.434.8247	
Healthy Babies Healthy Children		519.850.2280		
<b>Vision Services</b>	Eye Glasses Fund	Contact School Public Health Nurse		
	LensCrafters (Free glasses with letter from charitable organization)	519.649.2377		
	Canadian National Institute for the Blind (CNIB)	519.685.8420	Ext. 5112	
	Blind Low Vision Early Intervention Program (Birth - school age)	519.663.5317	Ext. 2224	
<b>Hearing Services</b>	Infant Hearing Program	519.663.5317	Ext. 2224	
	Canadian Hearing Society	519.667.3325		
<b>Dental Services</b>	DOCS Program **Specific neighbourhoods only**	519.434.9114	Ext. 235	
	Medix Dental Preventative Care (Low Cost)	519.659.4822		
	PREV-OH (Birth – 17 years)	519.663.5317	Ext. 2231	
	Dental Emergency Care (Middlesex-London Health Unit)	519.663.5317	Ext. 2231	
	Schulich Dentistry Program (Western University)	519.661.3326		
<b>Speech Services</b>	<ul style="list-style-type: none"> <li>• Emergency Contact (Low Cost) - Adults</li> <li>• Emergency Contact (Low Cost) - Children</li> </ul>	519.661.3331 519.661.3329		
	tykeTALK Assessment and Therapy Services (Birth - Senior Kindergarten)	519.663.0273		
<b>Medical Supplies/ Medications</b>	London Consistory Club	519.438.5443		
	Canadian Cancer Society	519.432.1137		
	Canadian Diabetes Association	519.673.1630		
	Lilly Canada Cares Insulin and Glucagon Assistance Program	1.888.545.5972		
	Epipens	Contact School Public Health Nurse		

<b>Mental Health/ Addiction Services</b>	Canadian Mental Health Association	519.434.9191	
	Family Service Thames Valley (Including: Muslim Family Support Service)	519.433.0183	
	WOTCH Community Mental Health Services	519.668.0624	
	• Women's Mental Health Resources	519.642.7630	Ext. 225
	• My Sister's Place	519.679.9570	
	Merrymount Family Support and Crisis Centre	519.434.6848	
	Addiction Services of Thames Valley	519.673.3242	
	Muslim Resource Centre for Social Support and Integration	519.672.6000	
	Changing Ways	519.438.9869	
	Daya Counselling	519.434.0077	
Réseau-femmes du Sud-Ouest de l'Ontario	226.374.6644		
<b>Miscellaneous Children's Services</b> (e.g., occupational therapy/ physiotherapy)	Vanier Children's Services (Birth - 6 years)	519.433.3101	
	Child and Parent Resource Institute (CPRI)	519.858.2774	
	Crisis Intake Team	519.433.0334	
	Thames Valley Children's Centre (Birth - 19 years)	519.685.8716	
<b>Respite Services</b>	Merrymount Children's Centre	519.434.6848	
	Community Living London	519.686.3000	
<b>Food Banks</b>	City of London Food Banks <a href="http://www.info.london.on.ca/meal.asp">http://www.info.london.on.ca/meal.asp</a>		
	County of Middlesex Food Banks <a href="http://www.thehealthline.ca/listServices.aspx?id=10572">http://www.thehealthline.ca/listServices.aspx?id=10572</a>		
<b>Settlement Agencies</b>	Association canadienne français de l'Ontario (ACFO)	519.850.2236	
	LUSO Community Services	519.452.1466	
	South London Neighbourhood Resource Centre	519.686.8600	
	Cross Cultural Learner Centre	519.432.1133	
<b>Interpretation Services</b>	Across Languages	519.642.7247	
<b>Emergency Shelters</b>	Mission Services of London	519.433.2807	
	• Men's Mission and Rehabilitation Centre	519.672.8500	
	• Crash Beds	519.439.0239	
	• Rotholme Women's and Family Shelter	519.673.4114	
	Women's Community House	519.642.3003	
	Salvation Army Centre of Hope	519.661.0343	
Unity Project for Relief of Homelessness in London	519.433.8700		
<b>Sexual Assault Services</b>	Sexual Assault Centre London	519.438.2272	
	Carrefour des Femmes du Sud-Ouest de l'Ontario (CFSOO)	519.858.0954	
<b>Telephone Help Lines</b>	London & District Distress Centre		
	• Crisis Response Line	519.433.2023	
	• Distress Line	519.667.6711	
	• Senior's Help Line	519.667.6600	
	Abused Women's Helpline	519.642.3000	
	Telehealth	1.866.797.0000	
Fem'aide	1.877.336.2433		

**See accompanying booklet for additional information.**

*Under the leadership of the **Middlesex-London Health Unit**, this resource has been developed by a group of concerned citizens and agencies within the Middlesex and London community, December 2012. The template has been adapted from work of the London Child and Youth Network.*