

# 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.

Primary Health Care	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
Medical Services	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 Womancare Midwives Healthy Babies Healthy Children Smart Start for Babies Program	519.433.5855 519.645.0316 519.850.2280 519.646.2961	
Developmental Screening	Developmental Resources for Infants (DRI) (Newborn - 2 years)	519.685.8710	
	All Kids Belong	519.434.8247	
	Healthy Babies Healthy Children	519.850.2280	
Vision Services	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
Hearing Services	Infant Hearing Program	519.663.5317	Ext. 2224
	Canadian Hearing Society	519.667.3325	



<b>Dental Services</b>	DOCS Program <b>**Specific neighbourhoods only**</b>	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	
	Emergency Contact (Low Cost) - Adults	519.661.3331	
	Emergency Contact (Low Cost) - Children	519.661.3329	
<b>Speech Services</b>	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	<b>519.642.7247</b>
<b>Emergency Shelters</b>	Mission Services of London	519.433.2807
	<ul style="list-style-type: none"> <li>• Men's Mission and Rehabilitation Centre</li> <li>• Crash Beds</li> <li>• Rotholme Women's and Family Shelter</li> </ul>	519.672.8500 519.439.0239 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	
	<ul style="list-style-type: none"> <li>• Crisis Response Line</li> <li>• Distress Line</li> <li>• Senior's Help Line</li> </ul>	519.433.2023 519.667.6711 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.*