

## Contact Information for Transcultural Mental Health Consultation Service

Phone number: 519-685-8500 ext. 74812

Fax number: 519-685-8009

Email address: TransculturalMHCS@lhsc.on.ca

The personal information collected on the referral form is under the authority of the Health Protection and Promotion Act and applicable privacy legislation. This information will be used to refer the client to this specialized mental health service. We will keep this information private. Any questions about the collection of this information should be directed to the Program Development Facilitator at 519-685-8500 ext. 74812

Collaborative efforts and conversations amongst a number of community partners have been instrumental in helping to form the pilot project to date. The following agencies have formalized their partnerships with the pilot: *Canadian Mental Health Association, Cross Cultural Learner Centre, Muslim Resource Centre for Social Support and Inclusion and South London Neighbourhood Resource Centre.*

We are in the process of expanding these partnerships, to continue developing further formal and informal partners in the London/Middlesex community.

The *Transcultural Mental Health Consultation Service* pilot project is supported through the generosity of the *Royal Bank of Canada* through the *London Health Sciences Foundation (LHSF)* and *Children's Health Foundation (CHF)*. LHSF ([www.lhsf.ca](http://www.lhsf.ca)) is the fundraising organization for LHSF and CHF ([www.childhealth.ca/](http://www.childhealth.ca/)) supports child and adolescent mental health as part of its fundraising partnership with Children's Hospital.



London Health Sciences Centre



**RBC Centre for At-Risk Children and Families**

**Transcultural Mental Health Consultation Service:**

A pilot project initiative to make collaborative, culturally responsive mental health services more available to the immigrant and refugee population in London/Middlesex area

## Description of Project

The Transcultural Mental Health Consultation Service is a multidisciplinary team trained to provide family-centred mental health services in a manner that is comprehensive, integrated, and where cultural factors influence the client's and family's presentation and service needs.

Community partner involvement is crucial to the success of the consultation and recommendations.

Service would include an initial assessment, potential short-term culturally-informed interventions and further community collaboration through planning meetings.

## Transcultural Mental Health Team Members

The team could consist of:

- ❖ Social Worker
- ❖ Clinical Counsellor
- ❖ Psychiatrist
- ❖ Client
- ❖ Family member(s) of client
- ❖ Referral source:

A trusted person who is involved in the client's health care who would collaborate with the transcultural mental health consultation team (i.e. settlement counsellor, social worker, mental health case manager, etc.)

## Who we serve

Referrals are open to individuals or families identifying as immigrant or refugee, who may be:

- ❖ Experiencing moderate to severe mental health problems influenced by a cultural component
- ❖ Of any age - childhood to old age
- ❖ Experiencing war and/or migration trauma
- ❖ Experiencing family separation and reunification related to the migration process
- ❖ Experiencing post-migration adjustment concerns
- ❖ Unaccompanied refugee youth/young adults

Call 519-685-8500 ext. 74812, if client's status is unclear.

## Description of Referral Process

1. Individuals & Family Referrals forms can be found at: [www.lhsc.on.ca/TMHCS](http://www.lhsc.on.ca/TMHCS)
2. Referrals to be completed by client/family with assistance of referral source support.
3. Completed forms faxed to (519) 685-8009.
4. Eligibility will be based on information provided on the form. Appointment for initial consult will be scheduled following acceptance of referral form.
5. Consultation involves: 1-2 team members, family members, referral source, and interpreter (if needed).
6. Depending on client and/or family need, there are a variety of care options following consultation.