

April 28, 2020

We're Here for You!

At two of Lanark, Leeds & Grenville Addictions and Mental Health (LLGAMH)'s treatment homes, Cake Bake-Off Challenges and theme days are helping to support clients during this extraordinary time. These are just two examples of how LLGAMH staff are changing their routines to support their clients during a very challenging time.

"The clients are expressing gratitude for how staff are trying to create a sense of normalcy," explains Addictions Counsellor Kelly. "But they are also taking the lead, coming up with spirit month themes and fun activities to pass the time."

In addition, recovery groups continue - and have even increased - due to the extra in-house time. Night-time support meetings are also taking place using Zoom.

During the COVID-19 pandemic, the LLGAMH team has one message for our clients – we are here for you. "We want our clients and others who may require assistance with coping strategies to know that we are here to help," says CEO Eric Hanna. "We are doing everything we can to provide as many services as possible during this extraordinary time."

Anyone who has questions, needs access to services, or is feeling anxious is encouraged to call the LLGAMH office at 613-342-2262, ext. 1 OR 613-283-7723, ext. 300. Case workers and counsellors working in close to a dozen rural offices throughout the region are also accessible through these main numbers.

In addition, the following services are available:

- Essential Services remain open including Group Homes, Co-op and Residential Treatment Facilities and Intake Screening.
- All counselling, including Rapid Access and Case Management continue to take place by telephone.
- Psychiatry appointments will continue through telephone contact.
- LLGAMH offices are closed but employees are still working from home.

Everyone is encouraged to follow the Ministry guidelines, stay home whenever possible and practice physical distancing. If you think you have COVID-19 symptoms, call Telehealth Ontario (1-866-797-000), your family physician or the local Health Unit (1-800-660-5853). If you have medical emergency, call 9-1-1 or go to the Emergency Department.

For the latest updates on COVID-19, please visit the Public Health Unit website at www.healthunit.org and the LLGAMH website at www.llgamh.ca.

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