



**Rey T. Singh MSW, CACII, RCS, RSW**  
Social Worker, Psychotherapist

***“If you or your family are experiencing a individual or familial distress, I can help you. My counselling services are approved by Health Canada and all counselling fees are covered if you have a status card. I will provide you with mental health treatment and the completely confidential services you need to gain stability. I will also assist you to develop a stable outlook and lifestyle.”***

**Hours of Availability**

**Monday thru Thursday 9:30 am - 9:30 pm**

**Friday 9:30 am – 4:30 pm**

**Sunday 1:30 pm – 2:30 pm**

***\*Sessions can take place anywhere over the phone, online or in-office, in hospitals and***



**London Middlesex Counselling  
& Addiction Services**

We are conveniently located at Unit 211-186 King Street downtown London, Ontario. (between Richmond and Clarence St.)

**Types of Appointments offered:**

1. *In-Office*
2. *Telehealth/Online*
3. *By Home-visit*

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Social Worker, Psychotherapist  
London Middlesex Counselling &  
Addiction Services  
186 King St. Second Floor Rm.211  
London, ON  
Toll Free:

**1(855) 339-1666**

***You may book your confidential orientation session with Rey online at:***

**[www.firstnationscounselling.com](http://www.firstnationscounselling.com)**

or call for assistance.

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**London Middlesex  
Counselling &  
Addiction  
Services**

**Specialized  
Counselling Support  
for First Nations**

186 King St.  
Second Floor  
Rm 211

**By Appointment only**

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“Thank you for inviting me to your journey of recovery.”

“I will accurately assess, treat and manage your mental health matters with you by fostering a therapeutic relationship with you based on trust.”

“Together we can begin your healing and guide you towards having a better quality of life.”

“My counselling approach is informed by FN culture and fosters greater knowledge of your FN culture and identity by incorporating indigenous healing methods into your care plan.”

“Stabilize your mental health with mindfulness skills that help you achieve and maintain well-being, harmony and balance for optimal mental health.”

“Reconnecting with others requires the learning of effective communication skills as well as learning skills to manage stress and anxiety.”

“Be your most resilient self and learn the middle pathway to a healthier life.”

**Health Canada FNIHB covered.  
Mental Health and Intensive Counselling  
Referral Services ( All fees covered for  
First Nations through FNIHB)**

### **Counselling services offered for:**

- *Crisis Counselling Support*
- *Mental health support including Substance Abuse Disorder and Dual Diagnosis—youth and adult*
- *Domestic violence—men and women*
- *Anger management*
- *Depression and anxiety management*
- *Grief and loss*
- *Complex Post Traumatic Stress*
- *Couples and Relationship Stress Counselling*
- *Residential School Health Support*
- *Transitions and New Relationships*
- *Codependency*
- *Family Dispute resolution*
- *Gender identity and sexual identification*
- *One-on-one or family-based support*
- *Solution-focused, dialectical, narrative approach, Incorporates Indigenous healing methods*

Health Canada Coverage for First

Nations Clients

Covered by Employee Benefits Program

Per diem rates for FN Communities

Online, In-office or by Home-visit

**By Appointment Only**

### **Short-term Mental Health Crisis Program**

If you or your family member are experiencing mental or emotional distress you may receive up to 15 completely confidential counselling sessions. These sessions may take place on a once-per-week basis and the fees are covered by Health Canada. During these sessions I will work with you or your family member to help you calm anxieties and help with the emotional distress. Addressing these immediate symptoms assist to heal traumas and/or face current life stressors. With me you may learn core mindfulness skills to better manage emotions, learn more effective communication skills, balance thinking, and learn health approaches to challenging situations.

### **Indian Residential School Health Support Program**

If you or your family member are experiencing emotional or mental distress due to the impact of residential school you may have immediate access to 20 sessions with available ongoing counselling support. These sessions take place on a once-per-week basis. During these sessions I will work with you to stabilize and treat your mental and emotional health needs. I will also help you gain necessary skills to maintain your stability and connect you with other community resources and supports to assist with your overall health goals.

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Addiction Services  
[www.lmcaas.com](http://www.lmcaas.com)**

**Phone: 1(855) 339-1666**

**Fax: 519.204.3886**

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