



United Way
Sarnia-Lambton
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Family Counselling Centre

2022-23 United Way Funding

Subsidized Counselling - \$87,000

Distress Line / Tel Check - \$50,782

Suicide Prevention - \$20,000



Family Counselling Centre



Individuals helped in 2022-23

Counselling – 312 individuals

Distress Line / Tel Check – 1,230 individuals

Suicide Prevention – 512 individuals



Program Descriptions



Subsidized counselling provides low-income residents of Lambton County with access to timely, affordable, and professional counselling services, geared to (verified) family income rate. Counselling sessions are held confidentially and privately.

Distress Line / Tel-Check is a generic telephone support service where individuals from across Sarnia Lambton can call from 7:00 a.m. to midnight 7 days a week to talk about worries, fears, depression, anxiety, grief and loss, domestic violence, suicide, mental illness, family breakdown, housing & finances, etc. Tel-Check are outgoing calls made to seniors, individuals with disabilities, adults and youth to help reduce the clients' sense of isolation; for wellness & safety check-ins; to give reminders for medication, nutrition/hydration; and make referrals to health and social supports.

Suicide Prevention works to promote suicide awareness within Sarnia Lambton.



Program Results

Results

83% of counselling clients for whom anxiety, depression, and/or feeling of isolation were an issue indicated a positive difference after completion of counselling sessions

100% of Distress Line callers who presented as 'at risk' of suicide at the time of calling were provided with support, safety planning and/or intervention with emergency services

92% of callers reported that because of this support there was a perception of a decrease in isolation, decrease in distress/anxiety, an increased ability to cope, the ability to explore options, and the caller feeling better; the immediate crisis was diffused



Testimonials

Clients:

“I am thankful for the opportunity to have help with life issues.”

“Cathy saved my life, I’m grateful for having her in my life now.”

“My family and I have been affected with the loss of a loved one by suicide. I was encouraged by my counselor to attend a Suicide Loss Suicide Group session. This group have been very helpful, encouraging, understanding and most of all supporting through every step of my grief journey. I continue to attend monthly meetings and stay connected to some of my group support members. I am thankful.”

