



Innovative King's Program Fills Critical Mental Health Gap for Local Families

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London, ON - More than 200 families in the London community accessed free mental health support last year through King's University College's [Support and Aid to Families Electronically \(SAFE\) program](#). Since its launch in 2021, the program has helped hundreds of parents and caregivers navigate mental health challenges, filling a critical gap in accessible services.

SAFE delivers free, online support tailored to families, addressing barriers like cost, location, and long wait times. The program's growing usage highlights its vital role in meeting a pressing community need, with 219 families benefiting from SAFE's services in its third year alone.

The program also engages King's students as service providers and researchers, offering them invaluable hands-on experience while contributing to community-driven care. This approach reflects King's commitment to combining academic excellence with meaningful social impact.

The SAFE research team's work recently gained national recognition, earning the 2024 Best Qualitative Article Award from *Families in Society*, a highly regarded research journal on social work practice. The award-winning research advocates for systemic shifts in mental health care delivery, focusing on family involvement as a cornerstone of effective support.

Quotes:

"The growing number of families turning to SAFE for support shows just how critical this program is to our community. By empowering families through accessible, virtual care, SAFE addresses urgent mental health needs in ways that are both practical and impactful." – Dr. Jane Sanders, Director of the SAFE program

"The SAFE program exemplifies King's mission to create meaningful social impact. It bridges gaps in mental health care while offering students the opportunity to develop their skills as they contribute to lasting change in the community." – Dr. Erin Hannah, Associate Dean of Research at King's

About King's

King's is a public Catholic University College that provides general and honours degree programs in the liberal arts, social sciences, management, and a master's degree in social work. Institutionally autonomous, King's is academically affiliated with Western University, and King's graduates receive a Western University degree. King's is open to students of all faith backgrounds, with its community centered on the values of social justice, equality and the education of the whole person.

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