

Provincial and National Mental Health Supports

BounceBack

www.bouncebackontario.ca

☎ 1-866-345-0224

- Free, for people aged 15 and older experiencing low mood, mild-to-moderate anxiety and/or depression, stress, worry, irritability or anger

Connex Ontario

www.connexontario.ca

☎ 1-866-531-2600

☎ Text CONNEX to 247247

- Free, available 24/7
- Confidential and free support for mental health, addiction, and problem gambling services

Health Connect Ontario

healthconnectontario.health.gov.on.ca

☎ Toll-free: 811, 1-866-797-0000

☎ Toll-free TTY: 1-866-797-0007

- ☎ Live chat available 24/7
- Fast, free medical advice and help getting connected to available programs and services.

Ontario Structured Psychotherapy West Region (OSP West)

www.ospwest.ca

☎ 1-833-944-9966

- Free, OSP provides support for adults (aged 18 and older) with depression, anxiety, and anxiety-related concerns
- self-referral or referral by your primary care provider (may take up to 4-6 weeks)

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Distress and Crisis Ontario

www.dcontario.org

☎ Text SUPPORT to 258258

- ☎ Live chat available (2 p.m. to 2 a.m.)
- Free, instant support and a variety of services for anyone who is feeling lonely, depressed, is struggling with suicidal ideation or is other wise in need of mental health support.

Ontario Caregiver Helpline

www.ontariocaregiver.ca

☎ 1-833-416-2273

- ☎ Live chat available 24/7
- Provides caregivers with a one-stop resource for information and referrals

Wellness Together Canada

www.wellnesstogether.ca

☎ 1-866-585-0445

☎ Adults: Text WELLNESS to 741741

☎ Frontline Worker: Text FRONTLINE to 741741

- Free, immediate crisis support available 24/7

Mental Health and Addictions Resources



****If you or a loved one is experiencing a mental health emergency, call 911 or go to your nearest emergency department.***

CARING FOR THE
BODY, MIND & SPIRIT
SINCE 1869



Crisis Support

Reach Out Crisis Response Line

www.reachout247.ca

- ☎ 519-433-2023
- ☎ Toll-Free: 1-866-933-2023
- 📱 Text 519-433-2023
- 💬 Live chat available
- Confidential mental health and addictions support and services line for people living in Elgin, Middlesex, Oxford and London
- Free, available 24/7

CMHA Crisis Centre

www.cmhamiddlesex.ca/programs-services/crisis-services

- ☎ 519-434-9191
- Immediate crisis assessment, intervention, stabilization and links to community services by phone or in-person
- Free, available 24/7

Talk Suicide

www.talksuicide.ca

- ☎ 1-833-456-4566 (24/7)
- 📱 Text 45645 (4 p.m. to midnight ET)
- Resources and support to anyone who is facing suicide
- Trained responders listen without judgement, provide support and understanding, and share resources that can help

London-Middlesex In-Person Services

Family Service Thames Valley Mental Health Walk-In Clinics

www.fstv.ca/counselling-services

- ☎ 519-433-0183 ext. 605, TTY 1-800-855-0511 and ask the operator to call 519-433-0183
- One-on-one, couples and family counselling
- Available for 0-11 years and 12 and older
- Fees based on ability to pay

Daya Counselling Centre

www.dayacounselling.on.ca

- ☎ 519-434-0077
- One-on-one, couples and family counselling for people 16 years and older
- Set fee with sliding scale available for people who qualify

Merrymount Family Support and Crisis Centre

www.merrymount.on.ca

- ☎ 519-434-6848: **CRISIS** dial ext. 300
- Provides around the clock support and crisis care for children and families, including children's mental health
- Contact by phone or be referred by a shelter, school, doctor or lawyer

London-Middlesex Phone or Online Services

The Support Line

www.cmhatv.ca/the-support-line

- ☎ 519-601-8055
- ☎ Toll-Free: 1-844-360-8055
- Provides free, confidential listening and support to individuals 16 and older
- 24/7 therapeutic listening line

Canadian Mental Health Association - COVID-19: Reach Out 4 Help Elgin Middlesex

www.here4help.ca/Elgin-Middlesex

- Resources, information and guidance about how to take care of your mental health during the COVID-19 pandemic
- Resources for adults, families, youth, healthcare workers, caregivers and more