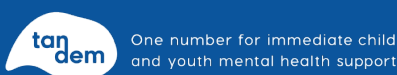


Available Community Mental Health Supports During the Winter Break



Support lines accessible across Thames Valley

- **Reach Out 24/7 Crisis Support:**
Call or Text: 519-433-2023 Toll Free: 1-866-933-2023,
Web Chat: reachout247.ca Call, Text, Web Chat. Free
Transportation to Mental Health Support for youth,
16yrs-25yrs, in Lucan, Parkhill, Strathroy, Exeter.
- **LHSC Virtual Emergency Clinic:** Virtual clinic does not
replace in-person visits. Parents/children can speak to
an emergency doctor via video conference to discuss
situation and determine next steps. **Call toll-free**
1-844-227-3844, seven days a week, 12 noon to 7 p.m.,
www.lhsc.on.ca/emergency-department
- **Black Youth Helpline:** 1-833-294-8650;
9:00 am to 10:00 pm, daily, www.blackyouth.ca
- **Hope For Wellness (24/7 Indigenous Helpline):**
1-855-242-3310, web chat: www.hopeforwellness.ca.
Services available in English, French, Cree, Ojibway, and
Inuktitut.
- **Naseeha (support for Muslim youth):** 1-866-627-3342,
daily 12pm – 12am, www.naseeha.org
- **YouthLine (peer support for 2SLGBTQQI youth):**
1-800-268-9688 (phone), 647-694-4275
(text), www.youthline.ca (live chat), Sunday to Friday,
4:00pm- 9:30pm.
- **Talk 4 Healing:** access this culturally grounded, fully
confidential helpline for Indigenous women available in
14 languages all across Ontario: 1-855-554-HEAL.
- **Kids Help Phone:** 24/7, call 1-800-668-6868, Text
686868 (youth) or 741741 (adults), **message** at
[Facebook.com/ Crisis Text Line](https://facebook.com/CrisisTextLine) powered by
KidsHelpPhone, www.kidshelpphone.ca



Regional Community Child and Youth Mental Health Supports:

London & Middlesex

Tandem (www.Tandemhelps.ca)

Phone support is available 24/7 at 519-433-0334.

In-Person, Drop-in Supports available:

- Tandem staff available on-site at CMHA Crisis center on Dec. 28, 29, 30th and January 3-6 from 3 pm to 9pm.
- Crisis walk-in sessions are available at Vanier Children's Mental Wellness (871 Trafalgar Street, London) on January 3rd to 6th from 9:30am-3:30pm
- Tandem staff support Children's Hospital Pediatric Emergency and are available to connect with children, youth and families seeking (non-medical) crisis support. They are available at this location Dec. 29-30th and January 3rd to 6th from 3pm to 9pm.

CMHA Thames Valley Addictions & Mental Health Services:

- Mental Health & Addictions Crisis Centre (648 Huron St., London) open 24/7 with no closures.

Elgin & Oxford

Wellkin Child & Youth Mental Wellness:

- 24/7 support by calling 1-877-539-0463.
- Counselling for children, youth, families, also available through Quick Access Therapy Services by completing the online self-referral at www.wellkin.ca or by calling 1-877-539-0463. Services available in both Oxford and Elgin Counties.

Oxford County Talk-In Counselling Collaboration

- Free counselling for children, youth, families (by appointment only).
Visit the following website for a list of clinics:
<https://cmhaoxford.on.ca/programs-services/walk-in-counselling/>

CMHA Thames Valley Addictions & Mental Health Services:

Elgin In-person drop-in supports:

- St. Thomas Elgin General Hospital Sunday – Saturday 830AM –10PM (enter through Emerg)
- 110 Centre Street in St. Thomas- Monday – Friday 830AM-4PM



One number for immediate child and youth mental health support



vanier Children's Mental Wellness