

Mental Health Resources

CRISIS SUPPORTS

If you are experiencing a mental health care crisis in London-Middlesex area, please see the following options. Call 911 or go to your nearest Emergency Department in case of emergency.

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

Wellness Together Canada

www.wellnesstogether.ca

☎ 1-866-585-0445

📱 Adults: Text WELLNESS to 741741

📱 Frontline Workers: Text FRONTLINE to 741741

- Free, immediate crisis support 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

CARING FOR THE BODY, MIND & SPIRIT SINCE 1869

Renowned for compassionate care, St. Joseph's is one of the best academic health care organizations in Canada dedicated to helping people live to their fullest by minimizing the effects of injury, disease and disability through excellence in care, teaching and research.



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LONDON-MIDDLESEX RESOURCES

In Person Resources:

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 all ages
- 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

Phone or Online Resources:

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+
- 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

Sexual Assault and Domestic Violence -

St. Joseph's Health Care London

www.sjhc.london.on.ca

☎ 519-646-6100 ext. 64224

- Our team provides care at the time of the assault and in the months following the incident.
- Free, available 24/7 to speak to the nurse.

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PROVINCIAL AND NATIONAL SUPPORTS

BounceBack

www.bouncebackontario.ca

☎ 1-866-345-0224

- Free, for people aged 15 and up 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

www.healthconnectontario.health.gov.on.ca

☎ Toll-free: 811 or 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

Distress and Crisis Ontario

www.dcontario.org

☎ Text SUPPORT to 258258

☎ Available by region

- ☎ 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 otherwise 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

Ontario Structured Psychotherapy West Region (OSP West)

www.ospwest.ca

☎ 1-833-944-9966

- OSP provides support for adults (aged 18+) with depression, anxiety, and anxiety-related concerns
- you can submit a self-referral for the program yourself. Referrals can take up to 4-6 weeks to process and are processed in the order in which we receive them.

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INDIGENOUS PERSONS

Southwest Ontario Aboriginal Health Access Centre

www.soahac.on.ca/service/mental-health-adult/

- ☎ 519-672-4079 (*London Location*)
- Counselling, support and transitional case management for Indigenous adults
- Services include addictions counselling, crisis intervention, planning and prevention, assessments and screening
- Teaching Circle programs covering topics including self-care, identity and purpose, grief and loss, trauma and intergenerational trauma

Hope for Wellness Help Line

www.hopeforwellness.ca

- ☎ 1-855-242-3310
- 💬 Live chat available ([click here](#))
- Offers immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada
- Phone and chat counselling available in English, French, Cree, Ojibway, and Inuktitut

Talk4healing (for Indigenous women)

www.beendigen.com

- ☎ **CRISIS:** 1-888-200-9997
- ☎ 1-807-622-1121
- ☎ / 📠 1-855-554-4325 (HEAL)
- 💬 Live chat available 24/7 ([click here](#))
- Offers 24/7 help, support and resources for Indigenous women, by Indigenous women, in 14 different languages all across Ontario

Atlohsa Family Healing Services

<https://atlohsa.com>

- ☎ **CRISIS:** 1-800-605-7477
- 24/7
- Non-profit, charitable organization in Southwestern Ontario, providing people of all genders and age

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HEALTH CARE WORKERS

The Centre for Addiction and Mental Health Mental Health Supports for Health Care Workers

[CAMH for Health Care Workers](#)

- Mental health and wellness services available to health care workers in Ontario
- Services include access to resources, cognitive behavioural therapies (CBT/Psychotherapy) and psychiatric services.
- Health care workers in Ontario are eligible to self-refer

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VETERANS CARE

Veterans Affairs Canada Assistance Services

www.veterans.gc.ca

☎ 1-800-268-7708 or TTY: 1-800-567-5803

💬 Live chat available 24/7 ([click here](#))

- Free, short-term psychological support for Canadian Armed Forces Veterans, former members of the RCMP, their families, children up to 21 years old or 25 if they are full-time students, and their caregivers

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STUDENTS

Good2TalkOntario

[About Good2Talk Ontario - Good2Talk](#)

☎ 1-866-925-5454 or

📱 Text “GOOD2TALKON” to 686868

- Provides 24/7 confidential support services for post-secondary students in Ontario.
- Professional counselling, volunteer crisis supports and information and referrals about mental health services and supports on and off campus

Fanshaw Counselling Services

[Counselling Services | Fanshawe College](#)

☎ 519-452-4282

✉ counselling@fanshawec.ca

- Free confidential professional counselling for Fanshawe students offered by registered psychotherapists and registered social workers
- Provides a variety of health and wellness groups and workshops to support personal wellbeing

Western University Health and Wellness Services

[Western University Health & Wellness](#)

☎ 519-661-3030

- provides professional and confidential services, free of charge, to Western students
- Monday – Friday Availability
- Services include consultation, referral, groups and workshops, as well as brief, change-oriented psychotherapy.
- Same-day crisis appointments available Monday–Friday until 4:30 p.m.

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