



Community Supports During Spring Break

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 (12:00 p.m. to 7:00 p.m.) www.lhsc.on.ca/emergency-department

Black Youth Helpline

Call: 1-833-294-8650 (9:00 a.m. to 10:00 p.m. daily), www.blackyouth.ca

Hope For Wellness (24/7 Indigenous Helpline)

Call: 1-855-242-3310, web chat: www.hopeforwellness.ca. Services available in English, French, Cree, Ojibway, and Inuktitut.

Naseeha (support for Muslim youth)

Call 1-866-627-3342, daily 12:00 p.m. to 12:00 a.m., www.naseeha.org

YouthLine (peer support for 2SLGBTQIA+ youth)

Call 1-800-268-9688 (phone), 647-694-4275 (text), www.youthline.ca (live chat), Sunday to Friday (4:00 p.m. to 9:30 p.m.)

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

Call: 24/7 1-800-668-6868, Text 686868 (youth) or 741741 (adults), message at Facebook.com/ Crisis Text Line powered by KidsHelpPhone, www.kidshelpphone.ca



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London & Middlesex

Tandem (www.tandemhelps.ca)

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

In-Person, walk-in crisis support sessions available at Vanier Children's Mental Wellness, 871 Trafalgar Street, London.

CMHA Thames Valley Addictions & Mental Health Services

Mental Health & Addictions Crisis Centre, 648 Huron St., London. Open 24/7. Strathroy location: 21 Richmond Street. Monday to Friday (8:30 a.m. to 4:30 p.m.)

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Elgin & Oxford

Wellkin Child & Youth Mental Wellness

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

CMHA Thames Valley Addictions & Mental Health Services

Elgin in-person drop-in supports: 110 Centre Street, Monday to Friday (8:30 a.m. to 4:30 p.m.) St. Thomas Elgin General Hospital location Sunday - Saturday

830AM-11PM Oxford In-person drop-in supports: 522 Peel Street, Monday to Friday (9:00 a.m. to 4:00 p.m.). Mental health supports can also be accessed through

Woodstock and Alexandra Hospital. Reach Out 24/7 Crisis Support Call or Text: 519-433-2023 Toll Free:1-866-933-2023

Fusion Youth Centre

Drop-in youth community supports and programming. 121 Thames Street North, Ingersoll. Tuesday to Saturday (2:30 p.m. to 9:00 p.m.)

