



# TOGETHER IN THE VALLEY MENTAL HEALTH CRISIS RESOURCES



If you or a friend are experiencing a mental health crisis, please contact 911 or visit your local Hospital Emergency Department.



## Resources For All TVDSB Students In The Valley

All underlined text is a hyperlink to additional resources

## Reach Out 24/7 Crisis Support

Call or Text: 519-433-2023  
Toll Free: 1-866-933-2023  
Web Chat: [reachout247.ca](https://reachout247.ca)

Call, Text, Web Chat, or follow the underlined hyperlink to learn about 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](http://www.lhsc.on.ca/emergency-department)

Black Youth Helpline: 1-833-294-8650; 9:00 am to 10:00 pm, daily, [www.blackyouth.ca](http://www.blackyouth.ca)

Hope For Wellness (24/7 Indigenous Helpline): 1-855-242-3310, web chat: [www.hopeforwellness.ca](http://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](http://www.naseeha.org)

YouthLine (peer support for 2SLGBTQQI youth): 1-800-268-9688 (phone), 647-694-4275 (text), [www.youthline.ca](http://www.youthline.ca) (live chat), Sunday to Friday, 4:00pm- 9:30pm.

Kids Help Phone: 24/7, call 1-800-668-6868, Text 686868 (youth) or 741741 (adults), message at [Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone](https://Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone), [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Asking for help can be hard. The first step is to start the conversation.**

### London and Middlesex:

Canadian Mental Health Association (CMHA): 24/7 walk-in support. Due to temporary address change (Sept 2021) call for location, 519-601-8055 or 1-844-360-8055, [www.cmhamiddlesex.ca](http://www.cmhamiddlesex.ca), 16 yrs +

Tandem (formerly CIT/Crisis & Intake): call (519)433-0334 for 24/7 crisis support, or to schedule in-person, phone, video appointments, for children/youth/families. Francophone services also available, [www.tandemhelps.ca](http://www.tandemhelps.ca)

Talk-In Clinics: Free counselling for children, youth and families. No appt/referral required. For clinic locations call 519-433-0334, 0-18 yrs

### Oxford and Elgin:

Wellkin Child & Youth Mental Wellness: 24/7 crisis support, 1-877-539-0463, [www.wellkin.ca](http://www.wellkin.ca)

Oxford Walk-In Counselling: 1-800-859-7248 x 210, as of Sept 2021, pre-book free sessions either in person, virtually or by telephone.

Elgin Walk-In Support: Main Office, 110 Centre Street, St. Thomas, Mon- Fri, 8:30AM - 4:30PM, closed on holidays. St. Thomas Elgin General Hospital, Rm G700 - 189 Elm Street, St. Thomas, 7 days/wk, 8:00AM - 11:00PM, including holidays. No appt required.

### Mental Health Websites

[www.TVDSB.ca](http://www.TVDSB.ca)

[www.mindyourmind.ca](http://www.mindyourmind.ca)

[www.jack.org](http://www.jack.org)

School Mental Health Ontario