

## Middlesex-London Community Supports

### General Information

<b>211 Ontario</b>	<a href="https://211ontario.ca/">https://211ontario.ca/</a>
<b>Southwest Healthline</b>	<a href="https://www.southwesthealthline.ca/">https://www.southwesthealthline.ca/</a>
<b>Helping Yourself Through Hard Times</b>	<a href="https://www.informationlondon.ca/29/Help_Yourself_Through_Hard_Times/">https://www.informationlondon.ca/29/Help_Yourself_Through_Hard_Times/</a>

### Health Inquiries

<b>Telehealth Ontario</b> 24-hours to talk with a Registered Nurse or Registered Dietician	1-866-797-0000
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### Adult Mental Health

<b>REACH OUT</b>	519-433-2023 or 1-866-933-2023 (with access to the 24-hour Crisis Mobile Teams)
<b>Mental Health and Addiction Crisis Centre</b> 648 Huron Street, London	24-hour crisis walk-in (no need to call)  24-hour Supportive Listening Line (non-crisis) at 519-601-8055 OR 1-844-630-8055
<b>Addiction Services Thames Valley</b> *currently only telephone support	519-673-3242 <a href="http://adstv.on.ca/">http://adstv.on.ca/</a>
<b>Canadian Mental Health Association (CMHA)</b> 534 Queen St. 8:30 a.m. to 4:30 p.m.	519-668-0624 <a href="http://www.cmhamiddlesex.ca">http://www.cmhamiddlesex.ca</a>
<b>Salvation Army Centre of Hope</b> Family support services 10:00 a.m. to 11:00 p.m.	519-661-0343 <a href="https://centrefhope.ca/">https://centrefhope.ca/</a>
<b>Salvation Army, Withdrawal Management</b> 24-hour Detox Beds	519-432-7241
<b>ANOVA</b> 24-hour Crisis and Support Line Shelter for women and children	519-642-3000 <a href="http://www.anovafuture.org/">http://www.anovafuture.org/</a>
<b>Family Services Thames Valley</b>	519-433-0700 <a href="https://www.familyservicethamesvalley.com/">https://www.familyservicethamesvalley.com/</a>
<b>Family Services Thames Valley, Quick Access Mental Health Walk-in Clinic</b>	519-433-2023 <a href="https://www.familyservicethamesvalley.com/">https://www.familyservicethamesvalley.com/</a>
<b>Southwest Ontario Aboriginal Health Access Centre</b>	1-877-454-0753 <a href="https://soahac.on.ca/">https://soahac.on.ca/</a>
<b>Atlohsa</b> 24-hour crisis phone line	1-800-605-7477 <a href="https://atlohsa.com/">https://atlohsa.com/</a>
<b>N'Amerind Friendship Centre</b>	519-672-0131 <a href="http://namerind.on.ca/">http://namerind.on.ca/</a>

<b>Oneida Community Health Centre</b>	519-652-0500 <a href="https://oneida.on.ca/homepage/healthservices/">https://oneida.on.ca/homepage/healthservices/</a>
<b>Chippewa Health Centre</b>	519-289-5641 <a href="https://www.cottfn.com/health-department/">https://www.cottfn.com/health-department/</a>
<b>Munsee-Delaware Health Services</b>	519-289-5396 <a href="https://www.munsee.ca/health">https://www.munsee.ca/health</a>
<b>Muslim Resources Centre for Social Support and Integration</b>	519-672-6000 <a href="https://mrcssi.com/">https://mrcssi.com/</a>
<b>Cross Cultural Learners Centre</b>	519-432-1133 <a href="https://lcclc.org/">https://lcclc.org/</a>
<b>ConnexOntario</b> 24-hour with access to treatment services and resources for Mental Health, Addictions and problem Gambling	1-866-531-2600
<b>Children’s Mental Health Resources</b>	<a href="https://www.cmho.org">https://www.cmho.org</a>
<b>Canadian Health Network</b>	<a href="https://www.canadian-health-network.ca/">https://www.canadian-health-network.ca/</a>
<b>Canadian Psychological Association</b>	<a href="https://www.cpa.ca">https://www.cpa.ca</a>
<b>Centre for Addiction and Mental Health</b>	<a href="https://www.camh.ca">https://www.camh.ca</a>
<b>Canadian Association for Suicide Prevention</b>	<a href="https://suicideprevention.ca/">https://suicideprevention.ca/</a>

#### Supports for Children and Youth

<b>Merrymount Family Support and Crisis Centre</b>	519-434-6848
<b>Vanier Children Services</b> 871 Trafalgar Street	519-433-3101
<b>Crisis Intake Team (C-IT)</b>	519-433-0334 (24-hour crisis line)
<b>Children’s Aid Society</b>	519-455-9000
<b>Mind Your Mind</b>	<a href="http://www.mindyourmind.ca">www.mindyourmind.ca</a>
<b>Good2Talk Post-Secondary Student Helpline</b>	1-866-925-5454 (24- crisis line)
<b>Kid’s Help Phone</b>	1-800-668-6868 chat or text to 686868 (24-hour crisis line)
<b>WES For Youth</b>	<a href="https://wesforyouthonline.ca/online-counselling/">https://wesforyouthonline.ca/online-counselling/</a>

#### Online Chat and Support

<b>Distress and Crisis Ontario ONTX</b>	Text SUPPORT to 258258 <a href="http://dcontario.org/index.html">http://dcontario.org/index.html</a>
<b>Big white wall Canada</b>	<a href="https://www.bigwhitewall.ca">https://www.bigwhitewall.ca</a>
<b>Bounce Back Ontario</b>	<a href="https://bouncebackontario.ca/">https://bouncebackontario.ca/</a>
<b>Crisis Services Canada</b>	1-833-456-4566
<b>Crisis Text line (24-hour support)</b>	Text Home to 686868

Note: This is not a comprehensive list of programs and services. For a complete list, please visit <https://www.southwesthealthline.ca/>