



Local Crisis Supports

If you are in crisis or require immediate support, call 911, visit your local hospital's emergency department, or contact your local crisis support service listed below.

London and Middlesex County

- **Kids Help Phone:** 24/7 national support service offering counselling, information, and referrals. Services offered to both English and French 1-800-668-6868 / <https://kidshelpphone.ca/>
- **Reach Out:** provides bilingual information, support and crisis service for individuals living with mental health and addictions needs as well as their families, and caregivers. Crisis intervention and access to mobile crisis team (519) 433-2023 or 1-866-933-2023 / www.reachout247.ca
- **Crisis Intake Team (C-IT):** Crisis Response and 24/7 telephone support with brief follow-up counselling in urgent situations. (519) 433-0334 / <https://www.vanier.com/programs-services/community-services/crisis-intake-team/>
- **Children's Aid Society: London & Middlesex** (519) 455-9000; after hours (519)-858-5998 / www.caslondon.on.ca

St. Thomas and Elgin County

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- **Wellkin Child and Youth Mental Wellness** provides children and youth living in Oxford and Elgin counties with 24/7 support by phone (519)-539-0463 or 1-877-539-0463 / <https://wellkin.ca>
- **Family and Children's Services of St. Thomas and Elgin** (519) 641-1492 or 1-800-260-6960 / www.caselgin.on.ca

Woodstock and Oxford County

- **Kids Help Phone:** 24/7 national support service offering counselling, information, and referrals. Services offered to both English and French 1-800-668-6868 / <https://kidshelpphone.ca/>
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- **Children's Aid Society of Oxford County** (519) 539-6176 or 1-800-250-7010 / www.casoxford.on.ca