

Mental Health Crisis Resources For All TVDSB Students In The Valley



Thames Valley
District School Board

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

Black Youth Helpline: 1-833-294-8650

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

Naseeha: (support for Muslim youth)
1-866-627-3342

YouthLine: (peer support for
2SLGBTQIA+ youth): 1-800-268-9688
(phone), 647-694-4275 (text),
www.youthline.ca (live chat)

Kids Help Phone: 24/7, call 1-800-668-6868 or
text 686868.



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, or follow the underlined
hyperlink to learn about Free Transportation
to Mental Health Support for youth, 16yrs-
25yrs, in Lucan, Parkhill, Strathroy, Exeter.



Click on the links for
additional resources.

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

London and Middlesex:

**Canadian Mental Health Association
(CMHA):**

1-866-933-2023, service for youth 16+.

London: 24/7 walk-in support at
648 Huron St., London.

Middlesex: Walk-in support available
Mon. -Fri. 21 Richmond St., Strathroy.

Tandem: 24/7 crisis support, (519)433-0334 for children/
youth/families. Francophone services also available.

Walk-in support may be available.
Phone and Talk-in-clinics available.



Wellkin Child & Youth Mental Wellness:

24/7 support by calling 1-877-539-0463.
Free counselling for children, youth, &
families.

**Children's Aid Society of London &
Middlesex** 519-455-9000

Children's Aid Society of Oxford County
519-539-6176

**Family & Children's Services
of St. Thomas & Elgin**
519-631-1492



Oxford and Elgin:

Canadian Mental Health Association (CMHA):

1-866-933-2023, service for youth 16+.

Elgin: Walk-in support at 10 Mondamin St., St. Thomas,
Mon. -Fri.

Oxford: Walk-in support at 522 Peel St, Woodstock,
Mon. - Fri.

Mental Health Websites

For more resources on mental health and
well being please visit:

[School Mental Health Ontario](http://SchoolMentalHealthOntario.ca)