



TVDSB MENTAL HEALTH CRISIS RESOURCES



Updated October 2023

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

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.

Black Youth Helpline: 1-833-294-8650; 9:00 am to 10:00 pm, daily.

Hope For Wellness (24/7 Indigenous Helpline): 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, daily 12pm - 12am.

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

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

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. 8:30 am - 4:30 pm at 21 Richmond St., Strathroy.

Craigwood Children & Youth Family Services: 24/7 crisis support, (519)433-0334, 12 - 18 years. Talk-in-clinics on Mondays from 2:00 pm - 6:00 pm at 520 Hamilton Rd, London (last appt. at 5:00).

Tandem: 24/7 crisis support, (519)433-0334 for children/youth/families. Francophone services also available. Walk-in support available at 648 Huron St, London, 4:00 pm - 10:00 pm Mon. - Fri. (last appt. is at 8:30 pm). Service is for birth - 18 years.

Vanier Children's Mental Wellness: 24/7 crisis support, (519)433-0334, 0-14 years of age. Talk-in-clinics on Wednesdays from 2:00 pm - 6:00 pm at various locations in London & Middlesex (last appt. at 4:30 pm).

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 110 Centre Street, St. Thomas, Mon. - Fri. 8:30 am - 3:30 pm.
Oxford: Walk-in support at 522 Peel St, Woodstock, Mon. - Fri. 9:00 am - 4:00 pm.

Wellkin Child & Youth Mental Wellness: 24/7 support by calling 1-877-539-0463. Free counselling for children, youth, & families.

Mental Health Websites

www.mindyourmind.ca
www.jack.org
School Mental Health Ontario