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| Reach Out 24/7 Mental Health Addictions Crisis Service | 519-433-2023 / 1-866-933-2023<https://reachout247.ca/>Confidential telephone support for anyone with addiction concerns or mental health needs in London, Middlesex, Elgin, and OxfordTrained professionals offer support, information and education \* direct transfers to crisis response team or can book a call back from a mental health or addictions services within 48 business hours of callTransportation to mental health crisis centre available in Lucan, Parkhill, Exeter and Strathroy-Caradoc areas |
| Canadian Mental Health Association/Thames Valley Addiction – London Crisis CentreSupport Line 24/7 | 519-601-80551-844-360-8055<https://cmhatv.ca/find-help/the-support-line/>Confidential telephone support for people feeling anxious, isolated, lonely, sad, stressed, or need someone to talk to \* callers can speak with warm, caring, and trained volunteers and receive supportive and helpful responses \* information about community services also provided |
| Canadian Mental Health Association/Thames Valley Addiction – Mobile Crisis Response24/7 | <https://cmhatv.ca/find-help/mobile-crisis-response/>London The Crisis Response Team is a mobile team that operates within the city of London. They provide rapid engagement and crisis support, risk assessment and a variety of referrals based on identified needs. This team works in partnership with local paramedic and police services as well as the Reach Out supportive response crisis line. Hours: 24/7, including weekends and holidays. How people get connected: This team can be initiated through [**Reach Out**](https://reachout247.ca/) and through a referral by the London Police Service, Middlesex London Paramedic Service and Western University. Eligibility: anyone who is struggling with mental health or addiction challenges, or otherwise in crisis |
| Canadian Mental Health Association/Thames Valley Addiction – Crisis and Access Services | <https://cmhatv.ca/find-help/crisis-access-services/>Programs:-Mental Health and Addiction Crisis Centre (London)-Walk In / In Person Options-Supportive Response (Phone Options)-Crisis Stabilization Space-Mobile Crisis Responses-First Contact and Access Options |
| Wellness Together CanadaFree 24/7 Phone CounsellingFacilitated by Homewood Health counsellors | <https://www.wellnesstogether.ca/en-ca/service/talk>free support over the phone-help with problems big and small-connection to a professional counsellor who will listen non-judgmentally to whatever’s on your mind-whatever you’re going through, we’re here to listen |

December 8, 2023