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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 Oxford  Trained 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 call  Transportation to mental health crisis centre available in Lucan, Parkhill, Exeter and Strathroy-Caradoc areas |
| Canadian Mental Health Association/Thames Valley Addiction – London Crisis Centre  Support Line 24/7 | 519-601-8055  1-844-360-8055  <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 Response  24/7 | <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 Canada  Free 24/7 Phone Counselling  Facilitated 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