**Crisis and supports for adolescents and young adults**

These numbers and information may be of support to you. Remember help is always available….

Under 18years or parents

Tandem (formerly Crisis and Intake "CIT") at 519-433-0334  if you are under 18 years or a parent. <https://www.tandemhelps.ca/>

* provide mental health support, crisis appointments, as well as a direct referral to Vanier Children’s Services and Craigwood Youth services
* Talk-in counselling appointments as well as community mental health counselling referrals can be scheduled with Vanier and Craigwood. There is no limit to the number of sessions you attend for Talk in clinics (they are like walk-in clinics but with counsellors).
* Tandem counsellors are also available at the emergency room as a diversion.

CMHA crisis center by going to 648 Huron St., London, ON for in-person 24/7 support of any age or parenting needs. <https://cmha.ca/find-help/>

* For under 18 years or parenting needs they have a separate stream from adults that you speak with Tandem counsellors instead. This is a diversion support away from the ER at the hospital.

**Kids Help Phone-**  24/7 contact with a counsellor. [**https://kidshelpphone.ca/**](https://kidshelpphone.ca/)

* **Call:**1-800-668-6868 (24/7) **Text:** CONNECT to 686868
**Live Chat:**7pm to midnight (ET)

Over 18 years

REACHOUT **-** 1-866-933-2023 for 24/7 contact with a counsellor. <https://reachout247.ca/>.

CMHA crisis center by going to 648 Huron St., London, ON for in-person 24/7 support of any age.

<https://cmha.ca/find-help/>

**Good2Talk**- supports for post-secondary students in Ontario. 1-866-925-5454 or <https://good2talk.ca/>

*If you’re concerned that you or our child is unsafe. Please reach out for support, call 911, or attend the hospital for assessment and stabilization.*

If you have benefits, please consider using them for counselling. You can explore private practice counsellors (Social workers, psychotherapist, psychologists) and their profiles at [www.PsychologyToday.ca](http://www.PsychologyToday.ca). Some offer sliding scales.

LFHT also has social workers who can support when other resources are not available. Please visit our website for further details. <https://www.londonfht.ca/health-services/social-workers/>.

Visit our website for Tools and Resources: <https://www.londonfht.ca/tools-links/>