



TVDSB MENTAL HEALTH CRISIS RESOURCES



Updated December 2022

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.

LHSC Virtual Emergency Clinic: Virtual clinic does not replace in-person visits. Parents/children can speak to an emergency doctor via video conference to discuss situation and determine next steps. Call toll-free 1-844-227-3844, seven days a week, 12 noon to 7 p.m., www.lhsc.on.ca/emergency-department

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

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, www.naseeha.org

YouthLine (peer support for 2SLGBTQQI 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, Text 686868 (youth) or 741741 (adults), message at Facebook.com/CrisisTextLinepoweredbyKidsHelpPhone, www.kidshelpphone.ca

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

London and Middlesex:

Canadian Mental Health Association (CMHA): 24/7 walk-in support 648 Huron St. in London or 1-844-360-8055, www.cmhamiddlesex.ca, 16 yrs +
Walk in support available in M-F 8:30am-4:30pm at 21 Richmond St. in Strathroy. 16+

Tandem (formerly CIT/Crisis & Intake): call (519)433-0334 for 24/7 crisis support, or to schedule in-person, phone, video appointments, for children/youth/families. Francophone services also available, www.tandemhelps.ca

Talk-In Clinics: Free counselling for children, youth and families. No appt/referral required. For clinic locations call 519-433-0334, 0-18 yrs

Oxford and Elgin:

Wellkin Child & Youth Mental Wellness 24/7 support by calling 1-877-539-0463. Free counselling for children, youth, families, by completing the online self-referral at www.wellkin.ca or call 1-877-539-0463. Services both Oxford and Elgin Counties.

Oxford County Talk-In Counselling: Free for children, youth, families (by appointment only). Visit <https://cmhaoxford.on.ca/programs-services/walk-in-counselling/> for a list of clinics.

CMHA Elgin Crisis Walk-In Support: 110 Centre Street, St. Thomas, M- F 8:30AM - 3:30PM, closed on holidays. 16+

Mental Health Websites

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