

Community Mental Health Resources

Crisis Services:

- Suicide Crisis Helpline: Call or text 9-8-8. (<https://988.ca/>)
- A safe space to talk, 24 hours a day, every day of the year
- Walk-in Crisis Services, Canadian Mental Health Association Thames Valley Addiction and Mental Health Services (CMHATV): <https://cmhatv.ca/find-help/in-person-walk-in-options/>
- In-person walk-in support for individuals in crisis across Elgin, London, Middlesex and Oxford
- REACH OUT: Call 519-433-2023 or 1-866-933-2023 or text 519-433-2023. (<https://reachout247.ca/>)
- A free, 24/7 confidential mental health and addictions support and services line for people living in Elgin, London, Middlesex and Oxford
- Good2Talk: Call 1-866-925-5454, text GOOD2TALKON to 686868, or message online at <https://connect.crisistextlineca.org/chat>. (<https://good2talk.ca/>)
- Free, confidential support services for post-secondary students in Ontario
- Tandem Crisis Support Services: Call 519-433-0334 anytime, day or night. (<https://www.vanier.com/tandem>)
- 24/7 Crisis Support Services and Intake team for Vanier Children's Mental Wellness for Birth – 18, Humana Community Services for ages 13 – 18, Merrymount - Family Support & Crisis Centre for Birth - 12

Mental Health and Counselling Services:

Free Services

- Canadian Mental Health Association Thames Valley Addiction and Mental Health Services (CMHATV): <https://cmhatv.ca/>
- An integrated mental health and addiction agency providing community-based supports and services to individuals living in London and the counties of Elgin, Middlesex, Oxford, and South Huron
- Noojimo: <https://noojimohealth.ca/index.php>
- An Indigenous-owned organization that provides culturally safe and timely virtual mental health services, delivered by an Indigenous care provider for Indigenous people
- Ontario Structured Psychotherapy (OSP) – West Region: <https://www.ospwest.ca/>
- Offers free, short-term, evidence-based cognitive behavioural therapy (CBT) for adults 18 and older living in Ontario who have depression, anxiety or anxiety-related concerns

Sliding Scale Services

- Community Counselling London: <https://www.cclondon.ca/>
- 90-minute trauma-informed phone, video or in-person sessions for children ages 12+, youth and adults; subsidized counselling for those who qualify
- Daya Counselling Centre: <https://www.dayacounselling.on.ca/>
- Registered psychotherapists and social workers providing mental health help in London
- Family Service Thames Valley (FSTV): <https://fstv.ca/counselling-services/>
- Accessible and affordable, mental health, trauma, and wellness counselling and psychotherapy for individuals, couples and families in London-Middlesex

Private Pay Services

Please note: This list of private/self-pay services is not exhaustive, and inclusion does not imply endorsement or recommendation by TVFHT. Patients are encouraged to use their discretion when selecting a provider.

- Archways Centre for CBT: <https://www.archways.ca/>
- Private psychology clinic using evidence-based, cognitive-behavioural therapies (CBT) to help adults, adolescents, and children improve their lives
- Psychology Today – Ontario Therapist Finder: <https://www.psychologytoday.com/ca>
- Catalog of professional, licensed, verified therapists across Ontario