

Mental Health and Social Support Services

London and Surrounding Area

Services for Children and Youth (0-18)

Vanier Children's Mental Wellness and Intake Services

Vanier offers a range of services for infants, children and youth (up to 14 years old) and their families. Services are designed to offer support to families who have a child struggling with social, emotional, behavioural and mental health issues. Call [519-433-0344](tel:519-433-0344) to access services.

Canadian Mental Health Association (16+)

The Crisis Centre provides walk in support for individuals experiencing a mental health and/or addictions crisis who do not require hospital or emergency services (911). Located at [648 Huron St., London](#) or call [Reach Out at 519-433-2023](tel:519-433-2023).

Child and Adolescent Mental Healthcare Program

Provides clinical services for children and youth up to 17 years of age and their families. Services include Inpatients, Outpatients, Day Treatment, and Eating Disorders and may be delivered by an inter-disciplinary team at London Health Sciences Centre. For more information contact Intake Office at [519-667-6640](tel:519-667-6640).

Wellkin Child and Youth Mental Wellness

Offers child and youth mental health programs and services to anyone in Oxford and Elgin Counties. No cost. No health card required. Also offers crisis support and urgent care 24/7. Call [1-877-539-0463](tel:1-877-539-0463) for service.

Child and Parent Resource Institute

Provides trauma-informed and highly specialized treatment and targeted intervention services for children and youth in Ontario with complex combinations of special needs. These needs include severe behavioural and emotional challenges, developmental disabilities, autism, and mental health. To make a referral call [519-858-2774](tel:519-858-2774).

Kids Help Phone

Canada's only 24/7, national support service offering counselling, information and referrals along with text-based support to young people. Confidential. Call [1-800-668-6868](tel:1-800-668-6868) or access service by [text](#), [Facebook Messenger](#) and [Live Chat](#).

Services for Children and Youth (0-18)

Wellness Together Canada

Wellness Together Canada is a mental health and substance use website to support people across Canada and Canadians living abroad in both official languages. No cost. Immediate text support and individual phone, video and text counseling. [Youth text WELLNESS to 686868](#) anytime for direct access to service or visit the online portal at <https://ca.portal.gs/>.

Merrymount Family Support and Crisis Centre

A family's first step to getting support during a crisis. Staff will meet with you to assess how Merrymount and/or community agencies can provide appropriate services and support. Intake requests are responded to within 24 hours, and most emergency requests can be accommodated immediately. Call [519-434-6848](tel:519-434-6848).

Craigwood Child, Youth & Family Services

Offers intensive family services, parent group services and youth and family counselling to youth and their families in London and surrounding area. Crisis services and walk-in counselling clinic also available. Call [519-432-2623](tel:519-432-2623) for inquiries or get crisis support at [519-433-0344](tel:519-433-0344).

WAYS Mental Health Support

Offers flexible, trauma-informed and individualized supports to children and youth who are experiencing emotional and/or behavioural difficulties or complex challenges in London and Chatham. Call [519-432-2209](tel:519-432-2209) or for crisis support call [519-433-0334](tel:519-433-0334).

Jack.org

A Covid-19 youth mental health resource hub with reliable information, tools and support for young people. Visit <https://jack.org/COVID>.

Youth Line

Offers confidential, non-judgmental peer support through telephone, text and chat services for LGBTQQ2SI youth. Text Sunday to Friday 4pm to 9:30pm [647-694-4275](tel:647-694-4275) or live chat by visiting <https://www.youthline.ca/>.

Can't find something? Unsure of what other services are available in your area?

Community Navigators are available 24 hours a day, 7 days a week in 150 languages. Dial 2-1-1.

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Services for Adults (16+)

Canadian Mental Health Association

The Crisis Centre provides walk in support for individuals experiencing a mental health and/or addictions crisis who do not require hospital or emergency services (911). Located at **648 Huron St., London**, the Crisis Centre is also home to our Crisis Mobile Team. Provides a warm welcoming environment open for walk in's 24 hours a day, 7 days a week. Call Reach Out at **519-433-2023** twenty-four hours a day for crisis support.

Wellness Together Canada

Wellness Together Canada is a mental health and substance use website to support people across Canada and Canadians living abroad in both official languages. At no cost, it provides immediate text support and individual phone, video and text counseling. **Adults text WELLNESS to 741714** anytime for direct access to service. Online portal <https://ca.portal.gs/>.

Bounce Back Ontario

Offers an online program for stress, low-mood, depression and anxiety. Provides access to workbooks, activities, videos, and a trained coach who can provide up to six telephone sessions at no cost to you. To sign up visit <https://bouncebackontario.ca/>.

Family Services Thames Valley

Offers fee-based counselling services to individuals, couples and families in London and surrounding area. Fees based on a sliding scale. Call **519-433-0183** to book an intake.

Daya Counselling Centre

Provides short-term therapeutic counselling to people ages 16 and over, living in London-Middlesex. Subsidy and sliding fee scale are available. Call **519-434-0077** to book an intake.

N'Amerind Friendship Centre London

The Mental Health Support Program provides wholistic and culture-based supports to be responsive to the needs of mental health and addictions for Urban Indigenous individuals and families including peer-counselling, sharing circles and other traditional and land-based activities that support the achievement of a Healthy Mind. Call **519-672-0131**.

Services for Adults (16+)

Bereaved Families of Ontario

Currently offering a number of online grief support groups for various types of loss. Visit <http://bfolondon.ca/> or call **519-686-1573**.

Victorian Order of Nurses Bereavement Services

Trained staff and volunteers compassionately help people who are experiencing grief and loss. Bereavement services can be through home visits, drop-in care groups or support groups. Call **519-659-2273 in London** or **519-637-6408 in Elgin County**.

Addiction Services of Thames Valley

If you have questions or concerns about substance use, internet, gaming disorder or problem gambling, this service offers helpful information for you and your family. All programs are staffed with professionally trained counsellors and case managers. Services are free and confidential. Call **519-673-3242**.

Anova

Anova provides safe places, shelter, support, counselling, and resources for abused women, their children, and all oppressed individuals to find a new start. It also offers counselling and services to survivors of sexual assault. 24/7 helpline support available at **519-642-3000**.

Atlohsa Family Healing Services

Provides community members with Indigenous-led programming and services that offer holistic healing, education, shelter and support for a wide variety of concerns. 24/7 crisis support is available by calling **1-800-605-7477**. Text message support for youth is available by **texting 519-282-7896**.

Adult Eating Disorders Services

A community-based program developed to meet the needs of adults who require treatment for anorexia nervosa, binge eating disorder and other specified eating or feeding disorders. Call London Health Sciences Centre at **519-685-8500 extension 74793**.

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