

## Where to Get Help

### St. Thomas - Elgin - Emergency

If you are in crisis or require immediate support, please contact your local crisis support service listed below, or visit your local **Hospital Emergency Department**.

- **Four Counties Health Services:** RR3, 1824 Concession Drive, Newbury, ON (519) 693-4441
- **St. Thomas Elgin General Hospital:** 189 Elm Street, St. Thomas, ON (519) 631-2030
- **Tillsonburg District Memorial Hospital:** 167 Rolph Street, Tillsonburg, ON (519) 842-3611

### Local Crisis Supports

- **CALL 911**
- **Kids Help Phone:** 24/7 national support service offering counselling, information, and referrals. Services offered to both English and French 1-800-668-6868 / <https://kidshelpphone.ca/>
- **Reach Out:** provides bilingual information, support and crisis service for individuals living with mental health and addictions needs in London, Middlesex, Oxford, and Elgin Counties – as well as their families, and caregivers. Crisis intervention including access to mobile crisis team (519) 433-2023 or 1-866-933-2023 / [www.reachout247.ca](http://www.reachout247.ca)
- **Wellkin Child and Youth Mental Wellness** provides children and youth living in Oxford and Elgin counties with 24/7 support by phone (519)-539-0463 or 1-877-539-0463 / <https://wellkin.ca>
- **Children’s Hospital – London Health Sciences Centre:** located within emergency department for youth 17 and under at Victoria Hospital, 800 Commissioner’s Road East London, ON (519) 685-8500
- **Family and Children’s Services of St. Thomas and Elgin** (519) 641-1492 or 1-800-260-6960 / [www.casegin.on.ca](http://www.casegin.on.ca)