

## Where to Get Help

### London - 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**.

- **Victoria Hospital and Children's Hospital:** 800 Commissioner's Road East London, ON (519) 685-8500
- **University Hospital:** 339 Windermere Road, London, ON (519) 685-8500
- **St. Joseph's Hospital-Urgent Care:** 268 Grosvenor Street, London, ON (Monday-Friday 8:00-6:00; Saturday & Sunday 8:00-4:00) (519) 646-6100

### 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)
- **Crisis Intake Team (C-IT):** Crisis Response and 24/7 telephone support with brief follow-up counselling in urgent situations. (519) 433-0334 / <https://www.vanier.com/programs-services/community-services/crisis-intake-team/>
- **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
- **Children's Aid Society: London & Middlesex** (519) 455-9000; after hours (519)-858-5998 / [www.caslondon.on.ca](http://www.caslondon.on.ca)