

*Get the
help you
need*

*From one of our
Community
Supports*

YOU ARE NOT ALONE

**Mental Health Supports
for Children and Youth in
St. Thomas-Elgin**

HIGH RISK SERVICES

*Call 911 or go to
Nearest Emergency
Department*

MEDIUM RISK SERVICES

- Immediate risk of suicide
- Experiencing extreme personal distress
- Has access to means (weapons, seeking pills, etc)
- Situation is threatening
- Has a plan

Go to Oxford-Elgin Child and Youth Centre Walk In on Thursdays 10am – 6pm (for under 18 yrs)

Go to CMHA Crisis Centre at St. Thomas Elgin General Hospital (for 16 yrs and over)

Call Oxford-Elgin Child and Youth Centre Urgent Services 1-877-539-0463 (for under 18 yrs)

(Crisis and Intake Team 24/7 - ask for crisis services in Elgin)

Call Reach Out 1-866-933-2023

- High risk of suicide
- Threatening to harm or end one's life
- Would benefit from talking to someone or stabilization supports

LOW RISK SERVICES

Call Oxford-Elgin Child and Youth Centre 1-877-539-0463 (for under 18 yrs)

Call Reach Out 1-866-933-2023

Contact your child's school

Contact your family doctor

- Low risk of suicide
- Needs support to prevent a mental health crisis
- Everything feels like normal child/teen behaviour but you want more info
- You want to know how to talk to your child or teen
- You are a child or teenager who wants to know more about mental health
- You want someone to talk to about your feelings and thoughts

COMMUNITY

SUPPORTS

www.mentalhealth4kids.ca
www.mindyourmind.ca
www.reachout247.ca
www.southwesthealthline.ca



BE SAFE

Use this app to make a plan and find resources in the Elgin region during a mental health crisis

Oxford Elgin Child and Youth Centre	1-877-539-0463
Reach Out	1-866-933-2023
Central Community Health Centre	519-633-7989
Elgin St. Thomas Public Health	1-800-922-0096
Family and Children's Services of St. Thomas-Elgin	1-800-260-6960
Kids Help Phone	1-800-668-6868
London Health Sciences Centre - Child & Adolescent Mental Health Intake	519-667-6640
Nowhere to crash tonight?	211
Southwest Local Health Integration Network	1-877-900-5667
St. Thomas & Elgin Youth Probation Services	1-866-393-9915
St. Thomas Elgin General Hospital	519-631-2020
West Elgin Community Health Centre	519-768-1715
Your Child's School	
Your Family Doctor	
Aylmer Police	519-773-3144
OPP	1-888-310-1122
St. Thomas Police	519-631-1364