REACH OUT

mental health
addictions
crisis services

1-866-933-2023

Reach Out is a confidential, 24/7 information, support and crisis service for people living in Elgin, Oxford, Middlesex and London.

Why connect?

- Crisis intervention including access to mobile crisis team
- Emotional trauma, distress or relapse
- Thoughts of suicide or harming yourself or others
- Access to community supports and addiction treatment
- Substance use, gaming, Internet disorder and problem gambling
- General information about mental health and addictions

What should I expect?

You will connect with a supportive, caring professional who is very knowledgeable about mental health and addictions concerns. This person also knows what services are available and how to connect you with them.

With a single phone call, you can receive crisis support, a friendly listener, information and education, or a call back from a mental health or addictions professional within 48 business hours.

519-433-2023

www.**reachout247**.ca

ONE
ONE CALL

A TEAM OF CARING PROFESSIONALS TO HELP YOU.

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South West Local Health Integration Network