



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 addictions treatment
- Substance use, gaming, Internet disorder and problem gambling
- General information about mental health and addictions

ONE # ONE CALL

**A TEAM OF CARING PROFESSIONALS
TO HELP YOU.**



1-866-933-2023

| 519-433-2023

| www.reachout247.ca

