

How to Access the Road to Mental Health for Your Clients

The R2MH program was created to help individuals **16-25 living in rural Middlesex County** access mental health and addiction support. Free taxis can be booked for appointment or crisis services.

Follow these steps to book a free taxi through Reach Out:

- 1 Call or text Reach Out at 519-433-2023 or visit www.reachout247.ca.
- 2 Let the worker know you'd like to book a free taxi to a mental health or addiction service through the Road to Mental Health.
- 3 Provide the date, time and address for pickup and drop-off.

All drivers for crisis calls have received training on mental health, crisis de-escalation and suicide prevention.

