



# Western Engineering

## **Crisis Support**

### **ON CAMPUS- Student Experience Crisis Support**

For on-campus crisis support, please visit the crisis clinic in Health Services – UCC basement. Students can call 519-661-3030 to get booked in. There are four potential spots for same day appointments (11am, 1pm, 2pm, or 3:30pm.)

### **Western Special Constable Service**

Emergency: Call 911

Non-emergency or inquiries: (519) 661-3300

### **Good2Talk – Confidential Helpline Phone**

<https://good2talk.ca/>

1 (866) 925-5454 or text "GOOD2TALKON" to 686868

Good2Talk provides 24 hour confidential support services for post-secondary students in Ontario.

### **Reach Out 24/7**

<https://reachout247.ca/>

(519) 433-2023 or text 519-433-2023 or visit the website for live chat

Reach Out is a free, 24/7, confidential mental health and addictions support and services line for people living in Elgin, Middlesex and Oxford and London. If you need mental health and addictions help, Reach Out is the one service you should connect with.

### **CMHA Crisis Services**

<https://cmhamiddlesex.ca/programs-services/crisis-services/>

24/7 Walk-in centre at 534 Queens Ave, London, N6B 1Y6

24/7 Support Line 519-601-8055 or 1-844-360-8055

### **First Nations and Inuit Hope for Wellness Help Line**

1 (855) 242-3310

24-hour culturally relevant telephone crisis intervention counselling

### **Anova**

(519) 642-3000 (24/7 crisis line)

Anova provides safe places, shelter, support, counselling, and resources for abused women, their children, and all oppressed individuals to find a new start.

### **Telehealth Ontario**

Toll-free: 1-866-797-0000

Toll-free TTY: 1-866-797-0007

Fast, free medical advice. In an emergency, do not call Telehealth. Call 911.



# Western Engineering

## **211**

Phone: 211, [www.211ontario.ca](http://www.211ontario.ca) Phone line and website that provides information and referrals to community and social services in Ontario; available 24/7.

### **St. Joseph's Sexual Assault and Domestic Violence Centre**

(519) 646-6100 ext.64224

Hours: 24/7

### **LGBT Youthline**

1 (800) 268-9688

Hours: 24/7

### **Addiction Services of Thames Valley**

<http://adstv.on.ca>

519.673.3242

Community-based addiction programs by professionally trained counsellors

### **Canadian Mental Health Association (CMHA)**

<http://www.cmha.ca/>

519-434-9191

National-wide organization that promotes the mental health of all. Supports the recovery of persons experiencing mental illness, Crisis Mobile Team Intervention, Individual Crisis Counseling, Peer Support

### **CMHA Crisis Services (Reach Out, Mental Health Crisis Line, 24/7)**

phone: 519-433-2023

<https://cmhamiddlesex.ca/programs-services/crisis-services/>

### **Rainbow Health Ontario**

#### **Service Provider Directory**

<https://www.rainbowhealthontario.ca/lgbt2sq-health/service-provider-directory/>

This directory is designed to help you find health and social service providers who have expressed a commitment to providing competent and welcoming care to LGBT2SQ people in Ontario.

### **Southwest Ontario Aboriginal Health Access Centre**

<https://soahac.on.ca/service/london/>

Onsite and outreach support offering multiple services including: primary health care, traditional healing, mental health and addiction Services,



# Western Engineering

## **ConnexOntario**

Addiction, Mental Health, and Problem Gambling Services 1 (866) 531-2600  
Hours: 24/7

## **Naseeha**

info@naseeha.org 1 (866) 627-3342

Mental Health provides a confidential helpline for young Muslims to receive immediate, anonymous, and confidential support over the phone from 12 – 9 pm, 7 days a week (Eastern Standard Time) and over text Monday to Friday.

## **Amala**

Amala – The Muslim Youth Hopeline: Phone (855) 95 AMALA or (855) 952-6252  
Available Mon, Wed, Fri, Sat, and Sun 6 PM – 10 PM

## **Nisa**

<https://nisahelpline.com/>

Nisa Helpline is a confidential, anonymous, non-judgmental helpline that provides free counselling to Muslim women across North America  
1.888.315.6472