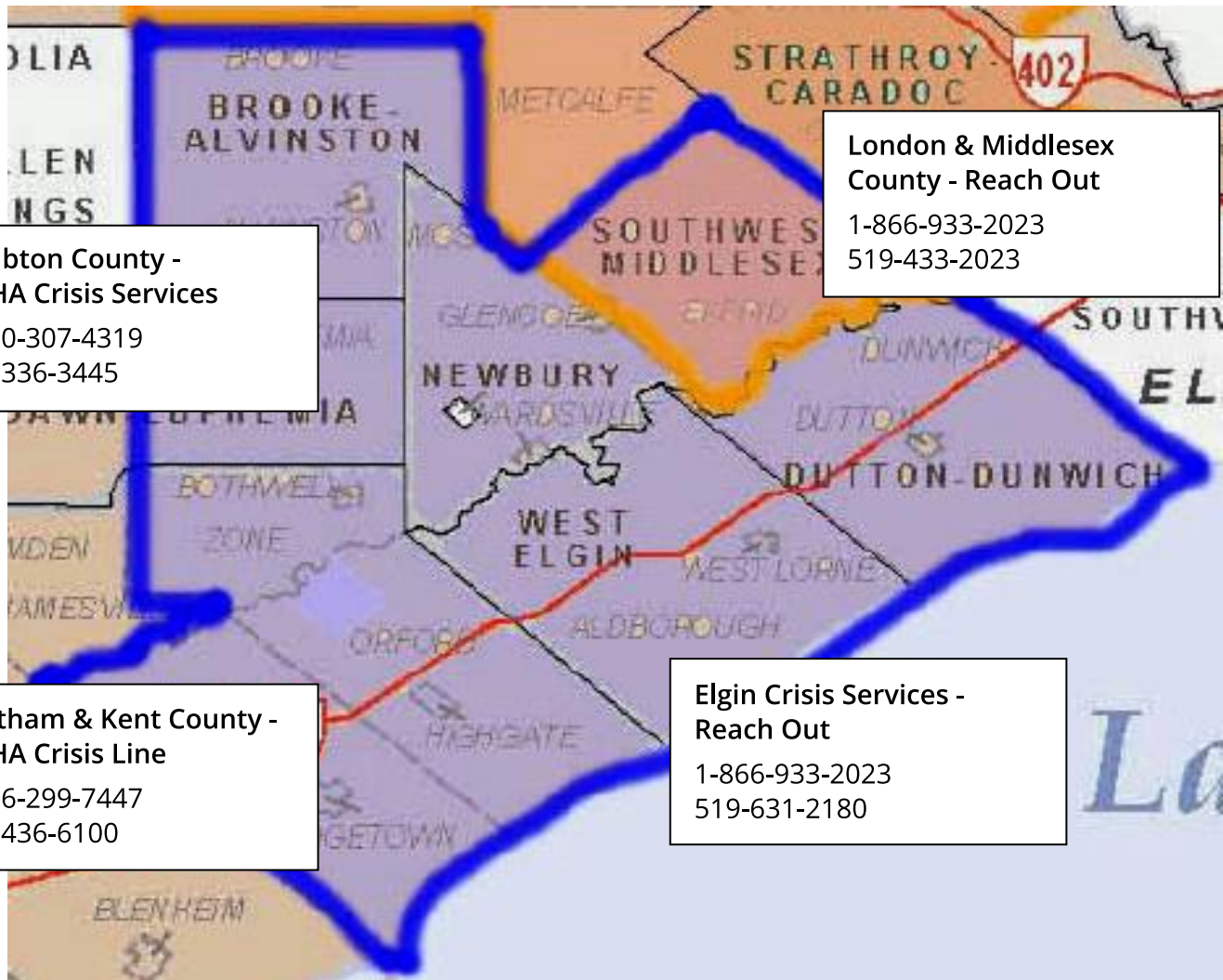


Accessing Mental Health Crisis Services at FCHS

Do you need someone to talk to?

Crisis Services are provided by county. Locate your home on the map to determine who to call.



Lambton County - CMHA Crisis Services

1-800-307-4319
519-336-3445

London & Middlesex County - Reach Out

1-866-933-2023
519-433-2023

Chatham & Kent County - CMHA Crisis Line

1-866-299-7447
519-436-6100

Elgin Crisis Services - Reach Out

1-866-933-2023
519-631-2180

Children and Youth: Kid's Help Phone:

Call: 1-800-668-6868
Text: CONNECT to 686868
Live Chat: www.kidshelpphone.ca

Post-Secondary Students: Good2Talk Helpline

1-866-925-5454
www.good2talk.ca

Information on Government and Community based Health and Social Services.

Dial: 211 or visit www.211.ca

Connex Ontario: Information on Addiction, Mental Health and Problem Gambling Services

1-866-531-2600 or visit
www.connexontario.ca