

You are not alone. We are here to help.

I just need someone to talk to. I am feeling overwhelmed, stressed or anxious.



Call 24/7
The Support Line
519-601-8055

I really need help today. I need mental health information, support or crisis services.



Call 24/7
REACH OUT
519-433-2023
or web chat
reachout247.ca

Feeling low, stressed or anxious? BounceBack is an online tool for managing mild to moderate depression and anxiety, stress or worry.



Get started
bouncebackontario.ca
Questions:
1-866-345-0224

Three safe, reliable options for people with mental health or addictions concerns in London-Middlesex. All day, every day.



Canadian Mental
Health Association
Middlesex
Mental health for all

Association canadienne
pour la santé mentale
Middlesex
La santé mentale pour tous