

# Elgin Mental Health and Addictions Network

## Services at a Glance



Canadian Mental Health Association  
Elgin County  
Mental health for all

### CMHA Elgin- Middlesex in Elgin County

Online and Telephone Support

Monday to Friday:  
8:30am - 4:30pm

Reachout: 24/7

519-433-2023

MH Response: In-person  
Sunday to Saturday:  
7:00am - 11:00pm

24/7  
Web Chat

[More Info](#)



### Addiction Services of Thames Valley

Online and Telephone Support

Rapid Access Addiction Medicine Clinic: Open

Monday to Friday:  
10:00 am – 3:00 pm

Supportive Information Sessions

519-673-3242

[More Info](#)



### Alzheimer Society of Elgin-St. Thomas

Online and Telephone Support

Individual and Group Counselling

Monday to Friday:  
9:00am - 4:00pm

519-633-4396

[More Info](#)



Central Community Health Centre

### Central Community Health Centre

Monday to Friday:  
8:00am to 5:00pm

Harm Reduction Supplies and Hit Kits available to the public

[More Info](#)



### Clinic 217 St. Thomas RAAM Clinic

Monday: 9:00am - 11:30am; 1:00pm - 3:30pm;  
4:30pm – 7:00pm

Tuesday: 8:00am - noon

Wednesday: Closed

Thursday: 8:30am - 11:30am; 1:00pm – 3:30pm

Friday: 8:30am – 11:30am; 1:00pm - 3:30pm

519-631-9040

[Email Clinic](#)



ELGIN COUNSELLING & MEDIATION CENTRE

### Elgin Counselling & Mediation Centre

Online and Telephone Support  
Fee for Service

Varied hours  
Evenings available

519-633-4423

[More Info](#)



### St. Thomas Elgin General Hospital

Inpatient Unit and Emergency Room: 24/7

Outpatient Unit:

Monday and Friday:  
8:30am - 4:30pm

Tuesday to Thursday:  
8:30am - 7:00pm

Outpatient Telephone Support  
Psychiatry by OTN

[More Info](#)



### Psychiatric Survivors Network of Elgin (PSNE)

In-person, Online and Telephone Support

Drop-In Center: Open

Sunday to Saturday:  
10:00am - 6:00pm

519-631-1580

Updates

[More Info](#)



### Southwest Centre for Forensic Mental Health Care

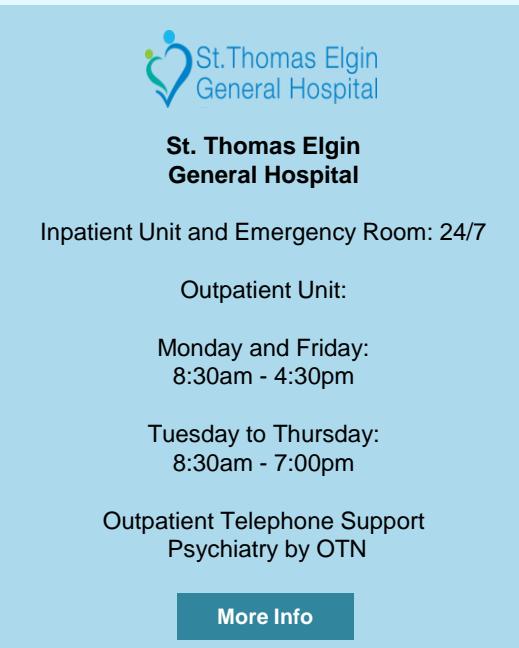
Part of St. Joseph's Health Care London

Inpatient Support: 24/7

Virtual assessments and interventions

519 646-6100 ext. 49354

[More Info](#)



### St. Thomas Elgin Social Services

Online and Telephone Support

Monday to Friday:  
8:00am – 4:30pm

519-631-9350

[More Info](#)



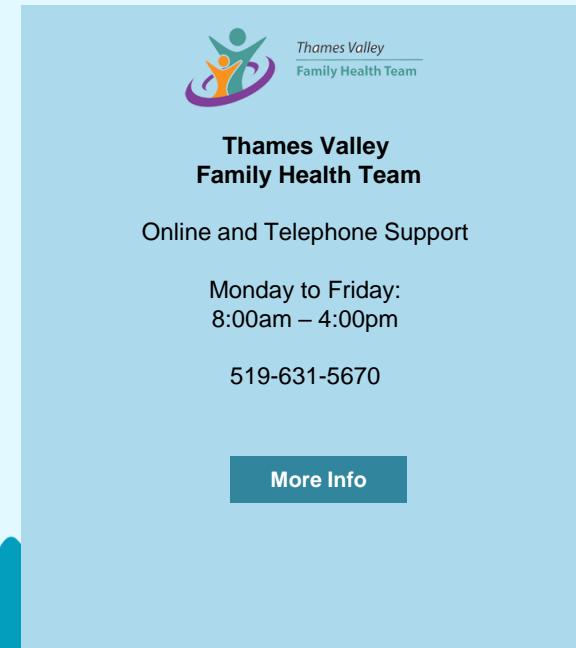
### Thames Valley Family Health Team

Online and Telephone Support

Monday to Friday:  
8:00am – 4:00pm

519-631-5670

[More Info](#)





### Victim Services Elgin

Telephone Support  
VQRP+ Programs

Monday to Friday:  
8:00am - 9:00pm

519-631-3182

24/7 Emergency Support

[More Info](#)



### Violence Against Women Services Elgin County

24 Hour Help Line  
24 Hour Walk In Support  
24 Hour Emergency Shelter

45 Princess Avenue, St. Thomas  
No appointment necessary

519-633-0155 or  
1-800-265-4305

[More Info](#)



### Wellkin Child & Youth Mental Wellness

Online and Telephone Support

Monday to Thursday:  
8:30am - 4:30pm  
Friday:  
8:30am - 4:00pm  
1-877-539-0463



[More Info](#)



### West Elgin Community Health Centre

Online and Telephone Support

Monday to Friday:  
9:00am – 5:00pm  
Evenings available

519-768-1715

[More Info](#)

## Crisis and Provincial Resources

Bounce  
Back

Mental Health  
Commission  
of Canada –  
COVID Hub

Big White  
Wall

Southwestern  
Public Health

Centre for  
Addition  
and Mental  
Health