

# When you don't know where to turn...



**Reach Out** is a 24/7 information, crisis and support line for people with mental health or addictions concerns. Call Reach Out for:

- Crisis
- Emotional trauma, distress or relapse
- Thoughts of suicide or harming yourself or others
- General information about mental health or addictions
- Access to community supports or addictions treatment

**519-433-2023**  
**1-800-933-2023**



**The Support Line** is a friendly listening line answered by highly trained volunteers who offer 24/7 support to the community. When you are lonely, sad or stressed, call for:

- A friendly listener, support and understanding
- Information about community services and groups
- Problem solving help

**519-601-8055**  
**1-844-360-8055**



**The Mental Health and Addictions Crisis Centre** is a 24/7 Walk-in Service for those experiencing a crisis. A crisis might include:

- Feeling overwhelmed
- Anxiety or depression
- At risk of self-harm or harm to others
- Psychosis
- Suicidal thoughts
- Substance use withdrawal symptoms
- Gaming/internet disorder or problem gambling

**648 Huron Street**

**3 trusted services when and where you need them the most.**



**Canadian Mental Health Association**  
**Middlesex**  
*Mental health for all*