

## **For Adults in Crisis (16+)**

### **Canadian Mental Health Association Elgin Branch**

Provides telephone and mobile support to individuals aged 16 or older who are in crisis. Community service referrals and crisis follow-ups are provided, as well as short-term overnight accommodation (1-5 days) for those experiencing a shelter crisis.

Services are provided 24 hours each day, seven days per week, including holidays. If you are in need of support, please call the Crisis Outreach number at 1-888-631-2180.

### **Homeless Youth between the ages of 12-24**

Call 2-1-1 to activate the Elgin County Youth Homelessness Protocol

## **For Children and Youth in Crisis (under 18)**

### **Oxford-Elgin Child and Youth Centre – Crisis Response and Urgent Care**

- For children and youth under age 18 in Oxford and Elgin County
- Available 24 hours a day, 7 days a week
- Call 1-877-539-0463

### **Kids Help Phone**

- Free, anonymous and confidential phone and on-line professional counselling service
- Available 24 hours per day, 7 days a week, 365 days per year
- Call 1-800-668-6868

### **Homeless Youth between the ages of 12-24**

Call 2-1-1 to activate the Elgin County Youth Homelessness Protocol