

# About the West Elgin Community Health Centre (WECHC)

WECHC provides primary health care, illness prevention, and a range of community programs to the residents of Dutton Dunwich and West Elgin municipalities. Our Diabetes services are open to all Ontario residents and offered at multiple locations in Elgin County.

We are here for individuals and families and our programs support people of all ages. We care about your physical health, mental health and the health of the entire community. Please visit our Centre, call us at 519-768-1715 or go to our website at [wehc.on.ca](http://wehc.on.ca) to learn more about us.

## Other Resources in Elgin County for 24/7 support:

### Reach out

#### Mental Health and Addictions

#### Crisis Services

T 519-433-2023 OR 1-866-933-2023

**Web Chat** [www.reachout247.ca](http://www.reachout247.ca)

### Wellkin

#### Child and Youth Mental Wellness

T 1-877-539-0463

<https://wellkin.ca>



West Elgin Community Health Centre

153 Main Street

West Lorne ON, N0L 2P0

T 519-768-1715

F 519-768-2548

[wehc.on.ca](http://wehc.on.ca)



## Counselling Services

Free, confidential  
support for all ages



We offer free, confidential counselling to people who live in West Elgin and Dutton Dunwich municipalities. You do not need to see a doctor or nurse practitioner at WECHC to use these services.



## Counselling

Counselling is available for people of all ages. You might be facing long-term challenges or having a short-term crisis. You can expect non-judgemental, compassionate care in a supportive environment. We will identify goals, and focus on finding solutions for things like:

- Depression or overwhelming sadness
- Relationship or family issues
- Stress, anxiety or worry
- Parenting or care-giving
- Low self-esteem
- Grief and loss
- Chronic pain
- Abuse
- Coping with life changes

## Apply

Please call us or fill out an application at main reception. You can also print an application from our website to give us by mail, fax, or in person. We accept self referrals and third-party referrals, including those from parents. However, the person getting counselling must also consent and be an active participant in the process.



## Connect

Wait times vary based on the number of referrals we receive. Once we receive your application, we will contact you to set up one brief appointment to discuss your reasons for counselling and share resources that may help you cope if there is a wait time. Our policy is to prioritize referrals where personal safety risks, like planning for suicide, can be identified.