

# About the West Elgin Community Health Centre

The Centre has served our rural communities for 30 years. We believe that housing, education, food and the environment all play a role in health and well-being. We believe that language, literacy and poverty should not get in the way of receiving great care. At our Centre we continue to value and advocate for a more inclusive society.

## VISION:

Vibrant and Caring Communities, People and Workplace

## MISSION:

Partnering with our communities to achieve the best health and wellbeing for all

## VALUES:

Compassion, Excellence, Collaboration, Accountability, Respect and Equity



## 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



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



## Counselling Services

Free, confidential support for all ages



August 2024

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

## Apply

Please call, fill out an application at reception or print an application from our website and submit by mail, fax, or in person. We accept self-referrals and third-party referrals including those from parents. \*The person receiving counselling must consent to participating in the counselling process.



## 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

## Virtual Counselling

The Mental Health Team is now offering appointments virtually through OTN.

## 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.



## Land Acknowledgement

We are grateful for the opportunity to live, meet and work on this territory. We commit to building allyship relationships with First Nations peoples enhancing our knowledge and appreciation of their many histories and voices