

Elgin Mental Health and Addictions Network

Services
at a
Glance



Addiction Services of Thames Valley

Online and Telephone Support

Rapid Access Addiction
Medicine Clinic: Open

Monday to Friday:
10:00 am – 3:00 pm

519-673-3242

Supportive
Information
Sessions

[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](#)



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](#)



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](#)



Psychiatric Survivors Network of Elgin (PSNE)

In-person, Online and Telephone Support

Drop-In Center: Open

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

Updates

519-631-1580

[More Info](#)



Southwest Centre for Forensic Mental Health Care

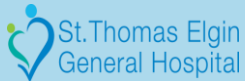
Part of St. Joseph's Health Care London

Inpatient Support: 24/7

Virtual assessments and interventions

519 646-6100 ext. 49354

[More Info](#)



St. Thomas Elgin 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](#)



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
VQR+ 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

Online
Registration

[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

Big White
Wall

Mental Health
Commission
of Canada –
COVID Hub

Southwestern
Public Health

Centre for
Addition
and Mental
Health