

# Oxford County Mental Health & Addiction Services

## Oxford County Walk-In Counselling

**FEELING DOWN?  
WORRIED? STRESSED?  
UNABLE TO COPE?  
READY FOR A CHANGE?**

**We can help.**

Talk one-on-one with our friendly, qualified counsellors at our Free Walk-In Counselling Service.

We can help you find ways to improve your wellness, cope better, and create positive solutions to life's challenges.

**No appointments necessary.  
First come, first served.**

**For more information,  
call 1-800-859-7248.**



**BE MIND FULL**  
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

### Ingersoll

**Tuesdays, 9 am-12 noon**

Registration until 11 am (Ages 50+)

Ingersoll Seniors Activity Centre

250 Ingersoll St., South

1-800-859-7248

**Tuesdays 3 pm-8 pm**

Registration until 7 pm (All Ages)

Nurse Practitioner-Led Clinic

19 King Street East

1-800-859-7248

### Tavistock

**Wednesdays 3 pm-7 pm**

Registration until 6 pm (All Ages)

Tavistock Community Health

80 Maria St.

1-800-859-7248

### Tillsonburg

**Mondays 12 noon-8 pm**

Registration until 7 pm (All Ages)

Tillsonburg Campus of Care, 167 Rolph Street

1-800-859-7248

### Woodstock

**Tuesdays 10 am-6 pm**

For Children/youth under 18 and/or their guardian)

Wellkin (formerly Oxford Elgin Child & Youth Centre)

912 Dundas Street

519-539-0463

**Wednesdays 9 am-12 noon**

Registration until 11 am (Ages 16 and up)

Oxford County Community Health Centre, 35 Metcalf St.

519-539-1111 ext. 0

**Thursdays 12 noon-7 pm**

Registration until 6 pm (All Ages)

Woodstock Hospital (Athlone Entrance), 310 Juliana Dr.

519-421-4223

**Saturdays 11 am-4 pm**

Registration until 3 pm (All Ages)

Canadian Mental Health Association, Oxford County

522 Peel St.

1-800-859-7248



When you don't know  
where to turn.™



519-539-9800 Ext. 3184

[contact@informationoxford.ca](mailto:contact@informationoxford.ca)

## Hospitals

### **Alexandra Hospital**

29 Noxoon St. South, Ingersoll.....519-425-9000  
Mental Health team provides psychological & emotional support to patients and their families through individual, family and group counselling. They also provide assessments & consultations.

### **Tillsonburg Memorial Hospital**

167 Rolph St. Tillsonburg.....519-842-3611  
Canadian Mental Health Association-Oxford, no referral is required, open from consultation from 9 am-4:30 pm weekdays. 24/7 telephone line open to help people in distress: 1-866-933-2023 Reach Out

### **Woodstock Hospital**

310 Juliana Dr., Woodstock.....519-421-4223  
Offers a wide range of inpatient and outpatient services. Services include child, youth and adult individual and group counselling, crisis response, walk-in counselling, behavioural supports, day hospital program, prevention and early intervention program for Psychoses (PEPP), psychiatric consultation, marital & family counselling, Telepsychiatry consultations, bereavement counselling, geriatric outreach service, recreation therapy, medication clinic, eating disorders and psychiatry services.

### **Be Safe App – Oxford County**

Be Safe is a mobile app that aims to help young adults make a decision about seeking help in a crisis.

The Be Safe app can be downloaded free of charge. It is available for Android on Google Play, for iOS from the Apple Store or by visiting <https://besafeapp.ca>



- . Allows users to create a digital safety plan
- . Informs users about mental health and addiction resources
- . Directs users to the best options for their needs through a decision-making aid
- . Creates a personal “get help script” that helps users find the words to reach out
- . Empowers user to reach out safely

### **Naloxone Can Save a Life**

Naloxone temporarily reverses an opioid overdose. Naloxone lasts for about 30-60 minutes but a lot of drugs last longer – this means the overdose symptoms can come back. (If you are with someone who has overdosed, **call 911 immediately**, don't let legal fears stop you – you have some protection)

Learn where you can get naloxone kits and how to use them. Visit: <https://www.ontario.ca> then select your language and type Naloxone in the search box.

## Treatment Programs

### **Clinic 461 – Methadone Maintenance Treatment**

461 Dundas St., Woodstock.....519-421-9557  
Monitored Methadone treatment for opiate addictions, suboxone treatment, substance misuse, twice weekly meetings with on-site doctors, attend the pharmacy each day of the week, best time to drop in are 9 am-10:30 am on any day of the week.

### **Centre for Addiction and Mental Health (CAMH)**

1001 Queen St.,W, Toronto.....416-535-8501  
Meets the needs of people facing addiction & mental health challenges at different stages of their lives and illnesses from children to adults. Clinical services include assessment, brief interventions, and inpatient services, day hospital services, continuing care, outpatient/ambulatory services and family support.

### **Homewood Health Centre**

150 Delhi St., Guelph.....519-824-1010  
Inpatient treatment for drug & alcohol addiction, including co-occurring illnesses, mood, anxiety disorders (depression, stress), eating disorders (anorexia, bulimia), post-traumatic stress disorder, mood disorders, dementias in older adults, persistent mental illness.

Programs/Services: include assessment & stabilization unit, crisis, community outreach & support program, community addiction services (outpatient), Assertive community treatment teams (ACTT), organizational wellness, employee & family assistance programs, assessments, outpatient & inpatient treatment, recovery management, return to work, family support service to meet specialized needs.

### **Ontario Addiction Treatment Centres**

17 Thames St., S, Ingersoll.....519-303-0580  
5 Ridout St.,E Tillsonburg.....519-409-6282  
Ontario Addiction Treatment Centres runs three distinct and important programs: Methadone, Suboxone and Hepatitis C Treatment Program. Ingersoll and Tillsonburg have Naloxone Program onsite.

### **Salvation Army, Withdrawal Management Centre**

281 Wellington St., London.....519-432-7241  
Accepts referrals from individuals & agencies for 16 years of age or older in our 18 bed unit. Offering one-on-one counselling, psycho-educational groups, 12 step programs through NA, CA and AA. Recreational groups, life skills programming, relaxation therapy and other activities. New smoking cessation program offers counselling, support and nicotine replacement therapy (patch, gum, inhaler, and lozenges) at no cost to our clients and staff.

### **Teen Challenge Canada – London Men’s Centre**

9340 Sharon Rd.....519-652-0777  
Toll-Free.....1-888-417-7777  
Twelve month voluntary, faith-based, residential rehabilitation program for men 18 years and older with drug or alcohol addictions.

# Addiction Services of Thames Valley: Walk-In Schedule

35 Metcalf St., Woodstock (2<sup>nd</sup> Floor).....519-673-3242

A safe, supportive, confidential place for you to get more information and ask questions about substance use or abuse and/or problem gambling. Although the number is London, Oxford County residents will get connected locally.

Day of Each Month	Time	Location
1 <sup>st</sup> Tuesday	12:30 pm-2:30 pm	Livingston Centre 96 Tillson Ave., Tillsonburg
1 <sup>st</sup> Thursday	9 am-11 am	Oxford County Community Health Centre 35 Metcalf St., Woodstock
2 <sup>nd</sup> Wednesday	5 pm-7 pm	Ingersoll Nurse Practitioner Led Clinic 19 King St., E, Ingersoll
3 <sup>rd</sup> Wednesday	5 pm-7 pm	Oxford County Community Health Centre 35 Metcalf St., Woodstock
4 <sup>th</sup> Thursday	12:30 pm-2:30 pm	Ingersoll Nurse Practitioner Led Clinic 19 King St., E, Ingersoll

## Agencies, Organizations, Support Groups & Programs

### **Canadian Mental Health Association – Oxford County**

522 Peel St., Woodstock.....519-539-8055  
 19 King St., E, Ingersoll.....519-539-8055  
 167 Rolph St., Tillsonburg.....519-842-8869  
 Urgent Service 24/7.....1-866-933-2023

CMHA-Oxford is an organization in a group of agencies and individuals working in partnership identifying & planning for county mental health services. Peer Support Groups \* 24 Hour Crisis & Outreach Program \* Applied Suicide Intervention Skills Training \* Case Management Services \* Court Diversion & Court Support \* Living Life to the Full \* S.O.A.R (Seniors Outreach & Recovery) \* Suicide Bereavement Mutual Support Group \* Supportive Housing – independent living accommodation for individuals with serious mental illness also offer rent subsidies for those who are homeless or at risk of becoming homeless due to a diagnosis of mental illness.

**The Common Thread**.....519-425-4092  
 Parent run support group for parents whose children may have developmental or physical disabilities, mental health issues, learning or speech difficulties and ADHD. Mom's Getaway Weekend once a year at Stevenson Camp. Meetings held 3<sup>rd</sup> Wed. of the month 7 pm-9:30 pm at Bethany Lutheran Church, 175 Springbank Ave., Wdsk

### **Community Living Tillsonburg**

96 Tillson Ave., Tillsonburg.....519-842-9008  
 Works with people with intellectual disabilities, ensuring they are included in the community, also provides children's services including child care, family supports, Ontario Early Years & A Child First Program.

#### **A Child First Program**

96 Tillson Ave., Tillsonburg.....519-842-9008  
 375 Finkle St., Woodstock.....519-421-0687

A Child First helps families with children who have physical, developmental disabilities, behavioural issues, speech & language, dealing with a new culture. Evaluations & assessments may be provided.

#### **Community Options for Justice**

37 Alma St., Ingersoll.....519-485-6088  
 96 Tillson Ave., Tillsonburg.....519-842-9000  
 496 Adelaide St., Woodstock.....519-539-2119

Enabling youth & adults who are in conflict with the law to take responsibility for their actions through community work, education, skill development, anger management, victim awareness and lifestyle choices. Alternative school planning for youth unable to be in the school system or who experience difficulty staying in school. MPLAR for mature students earning credits towards their diploma.

**Crisis Services Canada** – Suicide preventing and support. Connect with someone now.

CALL TOLL FREE: 1-833-456-4566 \* CHAT WITH US: [www.crisisservicescanada.ca](http://www.crisisservicescanada.ca) \* TEXT WITH US: 45645

For Residents of Quebec, Call 1 866 APPELLE (1-866-277-3553)

**Connex|**  
 Helpline.....1-866-531-2600  
 Telephone service providing confidential information about addiction, mental health and problem gambling resources in Ontario including how to access them.  
 Visit: <http://livechat.connexontario.ca> (WebChat)

**The Cynthia Anne Centre for Addictions**  
 723 Dundas St., Woodstock.....519-231-1513  
 Individual counselling & group classes for individuals 16 years and older.

**DASO – Domestic Abuse Service Oxford**  
 975 James St., Woodstock.....519-539-4811  
 Crisis Line & Inquiries.....1-800-265-1938  
 Text.....519-788-9993  
 Help is available and you are not to blame if you are a victim of physical, sexual or emotional abuse. Programs include: 24-hour crisis line \* shelter services \* transitional & housing support \* sexual assault counselling \* women’s support groups \* children/teen support groups \* safety planning \* outreach in the community \* violence education and prevention

**Good2Talk**  
 439 University Ave., Ste 300, Toronto.....1-866-925-5454  
 Telephone counselling \* mental health & addiction information \* professional counselling & referral on a wide range of services on & off campus \* 24/7.  
 Telephone Distress line for postsecondary students.

**Greater London Area of Narcotics Anonymous**  
 PO Box 1735 London.....1-888-811-3887  
 Fellowship of men & women who are learning to live without drugs. We meet regularly to stay clean, we have found that living clean is very difficult without support. Meetings available in Ingersoll & Woodstock.

**Hope’s Garden – Eating Disorder Resource & Support**  
 519-434-7721.....www.hopeseds.org  
 Support & resource centre for people living with an eating disorder and those affected by eating disorders.

**Indwell**  
 Office.....905-529-0454  
 Toll Free.....1-866-529-0454  
 Affordable housing with supports to individuals with mental health & physical disabilities. Blossom Park-group home & supported 1-bedroom apartments, Harvey Woods Lofts-studio and 1-bedroom apartments

**Ingersoll Nurse Practitioner – Led Clinic**  
 19 King St., E, Ingersoll.....519-926-6752  
 Primary health care \* addiction services \* service coordination & referral \* patient education \* chronic disease management programs \* organized health promotion & disease prevention programs \* Healthy weight management programs. ONLY offer support to registered patients of their clinic, NOT a walk-in/Drop-in.

**Overeaters Anonymous**.....[www.aa.org](http://www.aa.org)  
 Phone.....416-588-6134  
 Twelve step program to overcome compulsive overeating or eating disorder \* Anorexia Nervosa \* Bulimia \* Weight Preoccupation. Every Tuesday at 1 pm, Church of the Good Sheppard, 1023 Devonshire Ave., Woodstock.

**Oxford County Community Health Centre**  
 35 Metcalf St., Woodstock.....519-539-1111  
 19 King St., E, Ingersoll.....519-539-1111  
 96 Tillson Ave., Tillsonburg.....519-842-9008  
 Tillsonburg & Ingersoll Offices offer outreach who can help you connect to community resources and help advocate for your needs. Woodstock office offers primary health care for children, individuals & families. Provide support in connecting resources, dietician support in groups & one on one, as well as a variety of other programs and support services.

**Southwest Public Health Oxford Elgin St. Thomas**  
 410 Buller St., Woodstock.....519-539-9800  
 Local public health unit, offering programs that promote healthy lifestyles and that aim to prevent illness and disease in the community. Paramedic services – your local paramedic (ambulance) providing 24- hour emergency & non-emergency pre-hospital care. Dental health \* Diseases & vaccines \* sexual health \* smoking \* healthy lifestyle \* school resources \* septic systems \* water testing \* Birth Control & STI Testing \* Prenatal classes \* Naloxone kit

**Oxford Self Help Network**  
 522 Peel St., Woodstock.....519-539-8055  
 19 King St., E, Ingersoll.....519-539-8055  
 167 Rolph St., Tillsonburg.....519-842-8869  
 Information, support & programs to people and their families as they deal with mental health issues \* support groups for mood disorders \* schizophrenia \* peer support groups \* crafts & recreational groups.

**Wellkin (formerly Oxford Elgin Child & Youth)**  
 121 Thames St., N, Ingersoll.....519-539-0463  
 1 Library Lane, Tillsonburg.....519-539-0463  
 912 Dundas St., Woodstock.....519-539-0463  
 In Crisis Toll-Free 24/7.....1-877-539-0463  
 Outpatient community mental health centres for children, youth and their families as well for adults with developmental disabilities.

**Reach Out**.....1-866-933-2023  
 Bilingual 24/7 information, support & crisis service for people with mental health or addiction concerns.

**Youth Suicide Prevention in Woodstock**  
<https://www.facebook.com/groups/247320232298440/>  
 Awareness/prevention of youth suicides & mental health.



When you don't know where to turn.™

