

# Wanna Make A Change??

Violence, Anger, Domestic Abuse, Physical Abuse, Mental Abuse, Addiction and Eating Disorders all stem from one thing... Lack of ways to cope with Negative Emotions. Lets End The Cycle!

## Wellkin Child and Youth Mental Wellness

1 Library Lane, Tillsonburg, Ontario N4G 4W3

Toll-free 1-877-539-0463

Wellkin provides free, confidential, and timely Quick Access Therapy Services for Infants, children and youth.

## Ontario Addiction Treatment Centre

5 Ridout Street East Tillsonburg, ON N4G 2C6

(519) 409-6282 Cost: \$6.00 daily

Substance Abuse Treatment Centers focus on helping individuals recover from substance abuse, including alcohol and drug addiction

## CMHA of Oxford County

522 Peel St, Woodstock, ON N4S 1K3

519-539-8055 or toll-free at 1-800-859-7248 ext. 210

The clinics are now being offered by pre-booking an appointment due to COVID regulations in Tillsonburg, Woodstock, and Ingersoll for Mental health, Domestic Abuse and Addictions.

## Haldimand and Norfolk Women's Services

24 Old Highway 24, Simcoe ON N3Y

Crisis/Support Line: 1-800-265-8076

Haldimand and Norfolk Women's Services assist women dealing with domestic abuse 16 years of age or older with or without children

## REACH OUT

CALL 519-433-2023 / 1-866-933-2023

TEXT 519-433-2023

Reach Out is a free, 24/7, confidential mental health and addictions support and services line for people living in Elgin, Middlesex and Oxford and London. If you need mental health and addictions help, Reach Out is the one service you should connect with.

"So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with My righteous right hand."  
Isaiah 41:10