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.

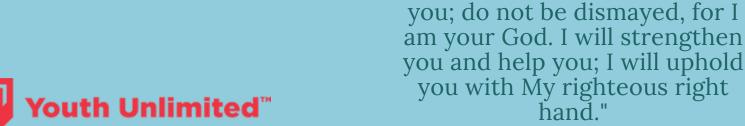
Haldimand and Norfolk Women's Services

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.



Isaiah 41:10

"So do not fear, for I am with

