



*King's Counselling & Student Development staff will make every effort to support you as quickly as possible should you require an urgent appointment.*

In the event you require assistance after regular office hours, please call one of the numbers below.

### **24 Hour Support Lines**

Mental Health Crisis Line	519-433-2023
Distress Centre Help Line	519-667-6711
At^lohosa Native Family Healing Services	519-432-0122
Out of Town call	1-800-605-7477
LGBT Youth Line (Peer Support) Sun-Fri 4pm-9:30 pm	1-800-268-9688
Sexual Assault Centre London Support Line	519-438-2272
St. Joseph's Sexual Assault & Domestic Violence Centre	519-646-6100 ext 64224
Women's Community House	519-642-3000
Out-of-Town call	1-800-265-1576
Women's Rural Resource Centre	1-800-265-5390
Victim Support Line	1-888-579-2888

### **Additional Daytime Counselling Agencies**

Student Development Centre @ UWO	519-661-3031
Student Health Service @ UWO	519-661-3030
Family Services Thames Valley	519-433-0183
Daya Counselling Centre	519-434-0077



## Other Support Services

AIDS committee of London	519-434-1601
Addiction Services Thames Valley	519-673-3242
At^lohsa Native Family Healing Services	519-438-0068 519-432-0122 (Crisis Line)
Out of Town Call	1-800-605-7477
Centre for research and Education on Violence Against Women and Children	519-661-4040
Changing Ways	519-438-9869
Hope's Garden	519-434-7721
London Abused Women's Centre	519-432-2204
London Health Sciences Centre- Psychiatry	519-667-6551
London Health Sciences Centre; Traumatic Stress Service	519-667-6550
Merrymount	519-434-6848
Open Closet	519-434-1601
Second Stage Housing	519-642-3000
Sexual Assault Centre London	519-438-2272
St. Joseph's Sexual Assault & Domestic Violence Centre	519-646-6100, ext. 64224
Vanier	519-433-3101
Women's Community House	519-642-3000
Out of Town Call	1-800-265-1576
Women's Rural Resource Centre	519-246-1526 1-800-265-5390
Zhaawanong Shelter	519-432-2270