

TAKE CARE

After Hours Support

Good2Talk

Call 1-866-925-5454 or
Text GOOD2TALKON to
686868

24/7 professional counselling,
information, and referrals for
post-secondary students.

Anova

1-800-265-1576 or
519-642-3000 24/7

Call if you are in crisis or
seeking information
about leaving an abusive
relationship/safety plan.

St. Joseph's Sexual Assault & Domestic Violence Treatment Program

519-646-6100 ext. 64224
268 Grosvenor St.
London, ON

Women's Rural Resource Centre

1-800-265-5390 24/7
145 Beech St.
Strathroy, ON
www.wrrcsa.org
Community resource in
education, prevention and
support for women and
children impacted by abuse.

ReachOut247.ca

Call 519-433-2023 or
1-866-933-2023

Text 519-433-2023

Call or web chat 24/7 with a
professional who can provide
information, resources, and
mobile crisis support.

Zhaawanong Women's Shelter

Crisis Line 24/7
1-800-605-7477
256 Hill St. London, ON
519-432-2270

Emergency shelter and
support for Indigenous
women and their children.

Hope for Wellness Helpline

1-855-242-3310 24/7
www.hopeforwellness.ca
Offers immediate mental
health counselling and crisis
intervention to all Indigenous
peoples across Canada.

Victim Support Line

1-888-579-2888, or
416-314-2447
24/7 Victim Support Line.

CMHA Crisis Counselling

Support Line 24/7
519-601-8055 or
1-844-360-8055
Walk-in mental health and
addictions support available
24/7 at 648 Huron St.
London, ON
519-434-9191

LGBT Youthline

Call 1-800-268-9688,
Text 647-694-4275
or Web Chat
www.youthline.ca
Confidential, non-judgmental
and informed LGBTQQ2SI
peer support.

Together All

www.togetherall.com
Online peer-to-peer support
community for your mental
health.

Addiction, Mental Health and Problem Gambling Services

1-866-531-2600
or Web Chat
www.connexontario.ca
Provides information about
support and treatment
services in your community.

Accessibility, Counselling and Student Development

519-433-3491 Ext. 7800

ACSD@kings.uwo.ca

Mon-Fri 9am-4:30pm

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www.kings.uwo.ca/current-students/student-affairs/