



Canadian Mental
Health Association
Oxford County
Mental health for all

Crisis & Outreach Services



REACH OUT

1-866-933-2023

mental health | addictions | crisis services

www.reachout247.ca

Crisis & Outreach Services

Crisis & Outreach Services provides 24-hour service for those living in or receiving services in Oxford County. Crisis and Outreach professional staff members respond by phone and/or mobile to individuals experiencing a sudden or unexpected event that places them in distress. Referrals to appropriate agencies and follow up services to ensure community support services are in place are also provided.

There are many reasons for reaching out. Yours may include:

- Crisis intervention including access to a mobile crisis team
- Emotional trauma, distress or relapse
- Thoughts of suicide or harming yourself or others
- Access to community supports and addictions treatment
- Substance use, gaming, internet disorder and problem gambling
- General information about mental health and addictions

How Do I get Connected?

Call **Reach Out** at **1-866-933-2023** anytime (24/7) or walk into our Woodstock office at 522 Peel St. Monday through Friday between 9 a.m. and 4 p.m.