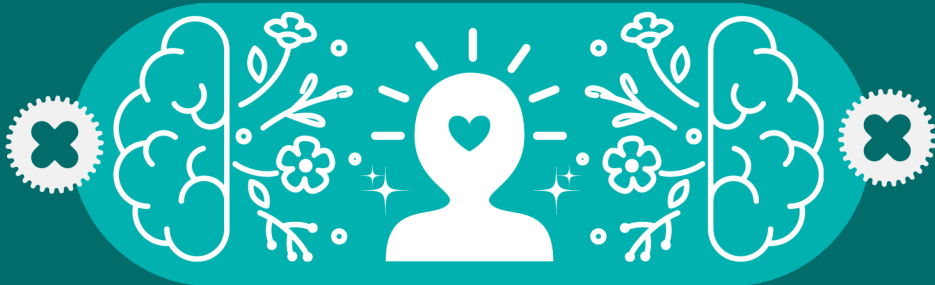


TALK-IN COUNSELLING



Free | No Referral Needed | In-Person or Virtual

Friendly, qualified counsellors can help you find ways to improve your wellness and create positive solutions to life's challenges.



**Canadian Mental
Health Association**
Thames Valley
Addiction and Mental Health Services

**Association canadienne
pour la santé mentale**
Thames Valley
Services de santé mentale et de traitement des dépendances

TALK-IN COUNSELLING

Please call for an appointment:

Oxford County

1-855-855-CMHA
ext. 7210

London

1-855-855-CMHA
ext. 2223

Elgin County

Coming Soon!

You can also Get Started on our website:
www.cmhatv.ca/start

