

## **Resources**

### **Kii health (Employee Assistance Program)**

**No cost and confidential**

Kiihealth.ca

1-866-814-0018 Access code: WSH0424

### **Woodstock Hospital's Talk In Counselling**

Weekly access to single session counselling and service navigation support

Available Thursdays 12:00 – 6:00pm

310 Juliana Dr. Woodstock Hospital

519-421-4223 ext. 3224

## **Domestic Abuse Services**

### **Domestic Abuse Services Oxford (DASO)**

24/7 Help and information line, shelter, safety planning, outreach services

975 James st. Woodstock

519-539-4811 or 1-800-265-1938

Text: 519-788-9993

[www.daso.ca](http://www.daso.ca)

## **Sexual Assault Services**

### **Oxford Sexual Assault Services**

Sexual Assault Counselling and Support

519-539-1111 ext 270

Text: 226-232-6149

[osas@oxchc.ca](mailto:osas@oxchc.ca)

### **ANOVA (Adults and children affected by abuse and sexual violence)**

24 hour crisis and support line

519-642-3000

1-800-265-1576

**Sexual abuse hotline (VASOC)** 519-537-2824 [www.vasoc.on.ca](http://www.vasoc.on.ca)

**Assaulted Women's helpline** 24.7 is 1-866-863-0511

**Men's sexual abuse crisis line** 519-751-3471

## **Mental Health Services**

### **Woodstock Hospital Mental Health Services** (in-person, videoconference or telephone)

Initiate service through Woodstock Hospital's Talk-In Counselling 519-421-4211 ext 3224

### **Oxford Country Community Health Clinic**

Outreach Services 519-539-1111

**Reach Out 24/7**

Mental Health crisis support and system navigation  
519-433-2023 (call or text) or 1-866-933-2023

**Canadian Suicide Prevention Service**

1-833-456-4566 or text 45645 4pm to 12am

**Canadian Mental Health Association (CMHA)**

Walk in Counselling – 1-800-859-7248 ext. 210  
[www.cmhaoxford.on.ca](http://www.cmhaoxford.on.ca)

**The Support Line**

Confidential Supportive Listening and Support  
24/7 at 519-601-8055

**Child and Youth Services****Wellkin**

1-877-539-0463

**Children's Aid Society**

CAS Oxford 519-539-6176

**Addiction Support****Connex Ontario**

Mental health and addictions

**1-866-531-2600**

**Text "connex" to 247247**

**Rapid Access Addiction Medicine clinic (RAAM)**

519-539-1111 ext 0 to speak with someone

**CMHA Thames Valley Addiction and Mental Health Services**

519-673-3242 ext 222 or email [intake@adstv.ca](mailto:intake@adstv.ca)

**Financial assistance, food security and housing stability****Oxford County (Human Services)**

519-539-9800 ext. 3390

1-800-265-1015

[humanservices@oxfordcounty.ca](mailto:humanservices@oxfordcounty.ca)

**Operation Sharing** 519-539-3361

**Salvation Army Community Church** 519-539-7235