

Resources

GreenShield (Employee Assistance Program)

Support and Crisis: 1-833-707-4747

Register @ app.greenshieldplus.ca

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

Sexual Assault Services

Oxford Sexual Assault Services

Sexual Assault Counselling and Support

519-539-1111 ext 270

Text: 226-232-6149

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

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

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

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

519-539-9800 ext. 3390

1-800-265-1015

humanservices@oxfordcounty.ca

Operation Sharing 519-539-3361

Salvation Army Community Church 519-539-7235