

**911**



Responds to life or property threatening emergencies

**211**



Connects you to non-emergency community and social services and government support programs: [211ontario.ca](http://211ontario.ca)

**811**



Connects you to a qualified health professional who can provide health advice and information: [Health811.ontario.ca](http://Health811.ontario.ca)

**988**



Suicide Crisis Helpline  
Connects you to a crisis responder & a safe space to talk: [www.988.ca](http://www.988.ca)

## Virtual Care

Health811: Call 811  
[www.Health811.ontario.ca](http://www.Health811.ontario.ca)

## Virtual Urgent Care Ontario

1-844-227-3844  
After Hours: Call 811  
[www.urgentcareontario.ca](http://www.urgentcareontario.ca)

## Need a doctor or nurse practitioner?

Register with Health Care Connect: Call 811;  
[www.ontario.ca/page/find-family-doctor-or-nurse-practitioner](http://www.ontario.ca/page/find-family-doctor-or-nurse-practitioner)



## Health Care Clinics

**Elgin Community Health Hub**  
519-473-0530 x 2258  
[www.thamesvalleyfht.ca](http://www.thamesvalleyfht.ca)

**St Thomas Walk-In Clinic**  
519-633-9627

**Mobile Health Unit**  
519-633-7989  
[centralchc.com/mobile-health-unit/](http://centralchc.com/mobile-health-unit/)

**Pharmacists:**  
Your local pharmacist may be able to help with minor ailments.



## Home and Community Supports and Services

**211: Social Services and Community Supports**  
Call 211

**Community Support Services Central Intake**  
1-888-866-7527

**Home Care & Long-Term Care: Ontario Health atHome**  
310-2222 (no area code)  
[www.ontariohealthathome.ca](http://www.ontariohealthathome.ca)



## Mental Health & Addictions Crisis Supports

**Suicide Crisis Helpline**  
Call 988  
[www.988.ca](http://www.988.ca)

**Rapid Access to Addiction Medicine Clinic 217**  
519-631-9040

**Reach Out 24/7**  
519-433-2023  
[www.reachout247.ca](http://www.reachout247.ca)

**Withdrawal Management Services CMHA Thames Valley Addiction and Mental Health Services**  
519-668-0557

**Wellkin 24/7 Line (Children & Youth)**  
1-877-539-0463



## Preventative Care, Early Detection & Testing

**Immunization clinics:**  
**Southwestern Public Health**  
1-800-922-0096  
<https://www.swpublichealth.ca/classes-clinics-and-services/immunization-clinics/>

**Sexual Health Clinics & Testing:**  
**Southwestern Public Health**  
519-631-9900 ext. 1278  
[www.swpublichealth.ca/classes-clinics-and-services/sexual-health-clinics/](http://www.swpublichealth.ca/classes-clinics-and-services/sexual-health-clinics/)

**Cancer Screening:**  
**Cancer Prevention & Care Ontario**  
Call 811; [www.ontario.ca/page/cancer-prevention-and-care](http://www.ontario.ca/page/cancer-prevention-and-care)

**Sexually Transmitted Infection Test Kit**  
<https://getakit.ca/>



## Indigenous Resources

**Chippewa First Nation Health Centre**  
519-289-5641

**Southwestern Ontario Aboriginal Health Access Centre (SOAHAC)**  
Chippewa site: 519-289-0352  
Toll Free: 1-877-289-0381



## Additional Resources

**Closing the Gap:** OHIP covered Physio (<18, >65 or ODSP/OW)  
<https://www.closingthegap.ca/locations/elgin-st-thomas/>

**Eye Exams**  
Find an Optometrist Near You  
[collegeoptom.on.ca](http://collegeoptom.on.ca)

**Canadian Dental Care Plan**  
[www.canada.ca/en/services/benefits/dental/dental-care-plan](http://www.canada.ca/en/services/benefits/dental/dental-care-plan)

**Mental Health Support: Ontario Structured Psychotherapy**  
[www.ospwest.ca](http://www.ospwest.ca)

**Health Records Access (Hospitals): ConnectMyHealth**  
[info.connectmyhealth.ca](http://info.connectmyhealth.ca)

**Sports Medicine**  
Arbeau Sports Medicine Centre  
519-601-2232  
Fowler Kennedy Sport Medicine  
519-661-3011



## Chronic Disease Management & General Health & Wellbeing

**Diabetes Education: West Elgin Community Health Centre**  
West Lorne: 519-768-1715, ext. 2301  
Aylmer: 519-765-4797

**East Elgin Family Health Team Group Programs**  
519-773-3715

**South West Self Management**  
1-855-463-5692 (toll free)  
[www.swselfmanagement.ca](http://www.swselfmanagement.ca)

**Thames Valley Family Health Team Group Programs**  
[www.thamesvalleyfht.ca](http://www.thamesvalleyfht.ca)



## Prenatal & Children's Health Resources

**Birth and Beyond Elgin (Aylmer)**  
519-773-3715, ext. 131  
[www.eefht.ca/birth-and-beyond-elgin/](http://www.eefht.ca/birth-and-beyond-elgin/)

**Elgin County Midwives**  
519-637-2224  
[www.elgincountymidwives.com/](http://www.elgincountymidwives.com/)

**Thames Valley Midwives**  
519-433-5855  
<https://tvm.on.ca/>

**First Five (St. Thomas, West Lorne)**  
519-768-1715, ext. 2301  
[www.wehc.on.ca/programs-and-services/first-five-west-elgin](http://www.wehc.on.ca/programs-and-services/first-five-west-elgin)

**Prenatal & Baby Education & Support, Nurse-Family Partnership®:**  
**Southwestern Public Health**  
519-631-9900 ext. 1400

For full local listings, visit [www.elginoht.ca/find-services](http://www.elginoht.ca/find-services)