

911


Responds to life or property threatening emergencies

211


Connects you to non-emergency community and social services and government support programs: 211ontario.ca

811


Connects you to a qualified health professional who can provide health advice and information: Health811.ontario.ca

988


Suicide Crisis Helpline
Connects you to a crisis responder & a safe space to talk: www.988.ca

Virtual Care

Health811: Call 811
www.Health811.ontario.ca

Virtual Urgent Care Ontario

1-844-227-3844
After Hours: Call 811
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



Health Care Clinics

Elgin Community Health Hub
519-473-0530 x 2258
www.thamesvalleyfht.ca

Mobile Health Unit
519-633-7989
centralchc.com/mobile-health-unit/

St Thomas Walk-In Clinic
519-633-9627

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



Mental Health & Addictions Crisis Supports

Suicide Crisis Helpline
Call 988
www.988.ca

Reach Out 24/7
519-433-2023
www.reachout247.ca

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

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

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



Preventative Care, Early Detection & Testing

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

Cancer Screening: Cancer Prevention & Care Ontario
Call 811; www.ontario.ca/page/cancer-prevention-and-care

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

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

Canadian Dental Care Plan
www.canada.ca/en/services/benefits/dental/dental-care-plan

Mental Health Support: Ontario Structured Psychotherapy
www.ospwest.ca

Health Records Access (Hospitals): ConnectMyHealth
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

South West Self Management
1-855-463-5692 (toll free)
www.swsselfmanagement.ca

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

Thames Valley Family Health Team Group Programs
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/

Elgin County Midwives
519-637-2224
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.wechc.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.elginohr.ca/find-services