

Health Services for People without a Family Doctor or Nurse Practitioner

911



Responds to life or property threatening emergencies

211



Connects you to non-emergency community and social services and government support programs

811



Connects you to a qualified health professional who can provide health advice and information

988



Suicide Crisis Helpline
Connects you to a crisis responder & a safe space to talk

Virtual Care

Health 811: Call 811

Virtual Urgent Care Ontario

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

Need a doctor or nurse practitioner?

[Register with Health Care Connect](#)
online or Call 811



Health Care Clinics

Pharmacists:

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

St Thomas Walk-In Clinic

519-633-9627

[Mobile Health Unit](#)

519-633-7989

[Elgin Community Health Hub](#)

519-473-0530 x 2258

East Elgin Family Health Team Nurse Practitioner Community Outreach Clinic:
519-773-3715



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)



Mental Health & Addictions Crisis Supports

[Suicide Crisis Helpline](#)

Call 988

[Reach Out 24/7](#)

519-433-2023

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

Cancer Screening: [Cancer Prevention & Care Ontario](#)
Call 811

[Sexual Health Clinics & Testing:](#)

Southwestern Public Health
519-631-9900 ext. 1278

Get a [Sexually Transmitted Infection Test Kit](#)

For full local listings, visit the [Find Services](#) Page on the Elgin Ontario Health Team website

The Elgin OHT is funded by the Government of Ontario

#OHTs #OntarioHealthTeam

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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



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)

[Thames Valley Family Health Team](#) Group Programs



Additional Resources

Closing the Gap: OHIP covered
Physio (<18, >65 or ODSP/OW)

Eye Exams:

[Find an Optometrist Near You](#)

Health Records Access (Hospitals):

[ConnectMyHealth](#)

Mental Health Support: [Ontario Structured Psychotherapy](#)

Sports Medicine:

Arbeau Sports Medicine Centre 519-601-2232

Fowler Kennedy Sport Medicine 519-661-3011

[Canadian Dental Care Plan](#)



Prenatal and Children's Health Resources

[Birth and Beyond Elgin](#) (Aylmer)

519-773-3715, ext. 131

[First Five](#) (St. Thomas, West Lorne)

519-768-1715, ext. 2301

[Elgin County Midwives](#)

519-637-2224

[Thames Valley Midwives](#)

519-433-5855

Prenatal & Baby Education & Support, Nurse-Family Partnership®: Southwestern Public Health

519-631-9900 ext. 1400

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