



REGIONAL CHILDREN'S CENTRE

519.257.KIDS

Monday to Thursday 8 a.m. to 6:30 p.m. (last appointment time)
Fridays 8:00 a.m. to 3:00 p.m. (last appointment time)

IF YOU NEED SUPPORT AFTER HOURS, CALL:

Kids Help Phone 1-800-668-6868 OR text "CONNECT" to 686868

IF YOU'RE A YOUNG PERSON:

- Feeling sad, worried or angry
- Having fights with your parents
- Being bullied
- Dealing with a personal issue

Or if anything else is on your mind, you can call to access FREE counselling services.

IF YOU ARE AT RISK OF HARM TO SELF OR OTHERS, CALL 911 OR GO DIRECTLY TO:

- Windsor Regional Hospital Met Campus, ER Department, 1995 Lens Ave (for youth 15 and under)
- Windsor Regional Hospital Ouellette Campus, ER Department, 1030 Ouellette Ave (for youth 16+)
- Erie Shores Healthcare, ER Department, 194 Talbot Street West, Leamington

Walk In Counselling Clinic is open for telephone, virtual, or face to face visits. Please call to book an appointment or walk-in. No referral needed. Provides quick, confidential access to mental health services for children, youth (up to age 18) and their families.