

Help Phones

(provide someone who will listen to you, help you to find resources that can improve your situation and help you in times of distress or severe crisis)

**available
24 hours a day,
365 days a year
and free within the 519 area code**



Children's Help Line

1-800-668-6868

kidshelpphone.ca

Senior's Help Line

519-667-6600

londondistresscentre.com

London & District Distress Centre

(all ages)

519-667-6711

londondistresscentre.com