

**#GetReal**  
**CMHA Mental Health Week**  
**May 3-9, 2021**  
 Visit [mentalhealthweek.ca](http://mentalhealthweek.ca) for info and tools!

**For Urgent Service 24/7 – 1-866-933-2023**

**CMHA Middlesex**

📞 519-434-9191  
 ✉ [info@cmhamiddlesex.ca](mailto:info@cmhamiddlesex.ca)

**Woodstock Office:**  
 522 Peel Street Woodstock, ON N4S 1K3

**Tillsonburg Office:**  
 41 Broadway St Tillsonburg, ON N4G 3Y9

**Ingersoll Nurse Practitioner-Led Clinic:**  
 19 King Street East Ingersoll, ON, N5C 1G3

📞 Phone: 519-539-8055 or 1-800-859-7248  
 📠 Fax: 519-539-8317

Hours: Monday to Friday 9 a.m. – 4 p.m.

# REACH OUT

mental health  
 addictions  
 crisis services

[1-866-933-2023](tel:1-866-933-2023) 24/7 [www.reachout247.ca](http://www.reachout247.ca)



The suicide prevention APP has MENTAL HEALTH contacts – just use the QR code below

I continue to be available to the membership – If urgent call my cell **519-521-7051** in an emergency call **911**

