

**We'll
help you
through
this.**



Doorways is a single session mental health and addictions counselling service available to youth and adults without a referral. This service is offered on a first come, first served basis.

If you would like to speak with a health care professional about concerns related to topics such as family, health, grief, work, relationships, stress, anxiety, depression, drinking or drug use, please call 811 to find a DoorWays location near you.

DoorWays is not an emergency service.
In an emergency, call 911, the Provincial Mental Health Crisis Line at 1-888-737-4668, or proceed to the nearest emergency department.

**Bonne Bay – By
Appointment
Bonne Bay Health
Centre or Cow Head
Medical Clinic
458-2381 ext. 266**



Call 811 to find out about mental health and addictions programs and services available in your area.