

We'll
help you
through
this.



DoorWays is a single-session, walk-in mental health and addictions counselling service available to youth and adults without an appointment or 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.

Port aux Basques

Walk In - Every Thursday

1:00pm – 4:30pm

(Last walk-in accepted at 3:15pm;
evening appointments upon request)

3-9 Barhaven Drive

695-6250



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