



DoorWays

SINGLE SESSION WALK-IN COUNSELLING SERVICE

Mental Health & Addiction Services

Every Tuesday starting January 30th, 2018

1:00pm - 8:00pm (last walk-in accepted at 7:00pm)

35 Boone's Road, Corner Brook, NL

634-4506

What can I expect?

You will meet with a counsellor for a single session (**approximately 50 minutes**) to address a mental health &/or addictions issue.

The following are some examples of what could be discussed: depression, anxiety, bullying, coping, grief/loss, addictions, relationship issues &/or stress.

***Please note that this is not an emergency service. Individuals experiencing a mental health emergency should proceed to the nearest hospital.**

For more information please contact:
Cathy Wheeler-Walsh, Clinical Lead
Single Session Walk-In Counselling Service
634-4506
cathywheeler@westernhealth.nl.ca

WALK - IN SERVICE

Single Session counselling services are available on a first come, first serve basis, for those who feel the need to speak to a counsellor.

Mental Health Crisis Line

Toll - Free, 24 hours
1-888-737-4668

Warm Line

(Peer Support, 11am-11pm daily)
1-855-753-2560

Kids Help Phone

Toll - Free, 24 hours
1-800-668-6868
Live Chat

Systems Navigator

Available to help people navigate the Mental Health & Addictions system.

Toll-free @1-877-999-7589



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