



Port aux Basques

DoorWays – Walk-In

SINGLE SESSION COUNSELLING SERVICE

Mental Health & Addictions

Every Thursday starting March 8th, 2018
1:00pm – 4:30pm (last walk-in accepted at 3:15pm)

***Evening Appointments available upon Request**

3-9 Barhaven Drive, Port aux Basques
695-6250

*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:
Vanessa White, Clinical Lead
DoorWays: Single Session Walk-In Counselling Service
643-8740
vanessawhite@westernhealth.nl.ca

Walk-In Service

Single Session counselling is available if you or someone you know needs to speak to a counsellor. The session will be approximately 50 minutes. A plan will be developed to help with the concern.

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

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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