



Port Saunders

DoorWays – By Appointment

SINGLE SESSION COUNSELLING SERVICE

Mental Health & Addictions

Starting March 12th, 2018

Rufus Guinchard Heath Centre, Port Saunders
861-9126

*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
DoorWays: Single Session Walk-In Counselling Service
634-4506
cathywheeler@westernhealth.nl.ca

DoorWays

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 addiction/substance use.

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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