

We're here to help



Doorways provides quick access to mental health
and addictions counselling services.

It's available to youth and adults
without an appointment or referral.

To find a location near you, call:

811
HEALTHLINE

or visit **Bridge** **the** [gapp.ca](https://www.gapp.ca)

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.