

# Mental Health & Addiction Services

*More options when you need them.*



Burgeo  
886-2185

Deer Lake  
635-7830

Port aux Basques  
695-6250

Norris Point  
458-2381

Stephenville  
643-8740

Port Saunders  
861-9125

Corner Brook  
Adult  
634-4506

Corner Brook  
Children & Youth  
634-4171

## Doorways Walk-in Services

Rapid access to counselling services 'one session at a time' for youth & adults (12+). While most locations offer a walk-in service, some locations provide same-day, next day, or appointments by phone. Call your local office, or visit:

[WesternHealth.nl.ca/doorways](http://WesternHealth.nl.ca/doorways)

## Youth Outreach Services

Port aux Basques & Area: 695-6901  
Stephenville & Area: 643-4595  
Corner Brook & Area: 639-1710  
Bonne Bay & Area: 458-2381 ext. 271

## Prevention & Promotion Services

Addictions Prevention: 634-4921  
Mental Health Promotion: 634-4927

[WesternHealth.nl.ca/MHA](http://WesternHealth.nl.ca/MHA)

*Best-practice information, resources, & programs  
Request presentations, resources & print materials*

## Crisis & Help Lines

Mental Health Crisis Line: 1-888-737-4668  
Crisis Text Line: text 'Talk' to 686868  
Kids Help Phone: 1-800-668-6868  
CHANNAL Warm Line: 1-855-753-2560  
Smokers Helpline: 1-800-363-5864  
First Nations & Inuit Hope  
for Wellness Help Line: 1-855-242-3310  
NL Sexual Assault Crisis  
& Prevention Line: 1-800-726-2743  
HEALTHLINE: 811

Bridge  the gapp.ca

*Local Service Directory, resources, and links to  
self-help & counsellor assisted programs.*

**CheckItOutNL.ca**

*Mental health & substance use screening.*

**Mental Health & Addictions  
Systems Navigator**

1-877-999-7589

