



Starting January 25, 2018

Central Health

Mental Health and Addictions Services is offering **DOORWAYS: Single Session Walk-In Counselling Service**

8:30 a.m. – 4:00 p.m., Thursdays
(Last session at 3pm)

James Paton Memorial Regional Health Centre
125 Trans-Canada Highway, Gander, NL

For more information please call: 256-5438

DOORWAYS: SINGLE SESSION COUNSELLING SERVICES

The single session walk-in counselling service is provided by our team of Mental Health and Addictions Clinicians.

***Please note that this is not an emergency service. If you are experiencing a mental health crisis, please go to your nearest hospital or emergency department.**

What can I expect?

When you arrive, please tell registration staff you are here for “Doorways”. You will be given a brief questionnaire to complete and meet with a clinician for approximately **50 minutes** to address a single mental health and/or addictions issue.

Walk-in may be used to discuss: depression, anxiety, bullying, coping, grief/loss, addictions, relationships and/or stress. You will leave with a plan outlining next steps to help reach your desired goals.

WALK-IN COUNSELLING

Single session counselling services are available on a first-come, first served basis. There is no appointment needed. It is a same day service for those who feel the need to speak to a clinician.

CHANNAL WARM LINE

Toll-free line, 11am – 11pm:
1-855-753-2560

The Warm Line is a non-judgmental pre-crisis telephone peer support service.

MENTAL HEALTH CRISIS LINE

Toll-free, 24-hour line:
1-888-737-4668

Professional advice and support available 24 hours a day, 7 days a week.

SYSTEMS NAVIGATOR

Toll-free @1-877-999-7589

Available to help people navigate the mental health & addictions system.



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