



Starting January 30, 2018

# Central Health

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

**9:00 a.m. – 4:00 p.m., Tuesdays and Thursdays**  
(Last session at 3pm)

**Community Health Building  
36 Queensway, Grand Falls-Windsor, NL**

**For more information please call: 489-8841**

### **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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