



Central Health

Starting January 30, 2018

The Mental Health and Addictions Program is offering **DOORWAYS: Single Session Walk-In Clinic**

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 THERAPY SERVICE

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

What can I expect?

You will meet with a mental health and addictions clinician for **approximately 50 minutes** to address a mental health and/or addictions issue.

The following are some examples of what may be discussed: depression, anxiety, bullying, coping skills, grief/loss, addictions, relationships, and/or stress.

***Please note that this is not an emergency service. Individuals experiencing a mental health crisis should proceed to the nearest hospital or emergency department.**

WALK-IN CLINIC

Single session counselling services are available on a first-come, first served basis. 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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