



Starting January 25, 2018

# Central Health

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

**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 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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