

Easy Access Mental Health Counselling & Crisis Services

The Walk-In Counseling Clinic: 343-5000 OR 684-1880

Children's Centre Thunder Bay, in partnership with Thunder Bay Counselling, offers single-session counselling services on a weekly basis. This service is available to children, youth, and adults of all ages, as well as to couples, parents, and families. No appointment is necessary during walk-in hours, and clients are met with by professional counsellors on a first-come, first-served basis, with no fees for service.

- Every Wednesday from 12:00pm to 8:00pm, with the last session starting at 6:30pm.
- Locations:
 - 1st & 3rd Wednesday at Thunder Bay Counselling Centre, 544 Winnipeg Avenue;
 - 2nd & 4th Wednesday at Children's Centre Thunder Bay, 283 Lisgar Street

Dilico Anishinabek Family Care Mental Health Walk-In Counselling Clinic: 624-5818

The service offers professional mental health counselling, service planning & referral support and traditional healing approaches.

- Open every Tuesday from 1:00pm to 7:00pm.
- Location: 1115 Yonge Street (Dilico Heath Park Site)



Our Kids Count Free Walk in Counselling Service

This service is offered in partnership with Catholic Family Development Center. Counselling Services are available for adults, youth and children. You do not need to be a participant of OKC or Catholic Family Development to access counselling.

- Tuesdays at 704 McKenzie St. Site 4-7pm
- Thursdays at 288 Windsor St. Unit 16 3:30-630

NIHB Drop-In: 684-1880

Mental health walk-in service available to First Nations children, youth and adults eligible for Non-Insured Health Benefits (NIHB) coverage.

- Every Tuesday from 1:00pm to 3:30pm. On-going counselling sessions offered through Thunder Bay Counselling
- Eligibility: Status Card

Access Network: 1-855-486-5037

The Access Network provides a single point of access to children's services and supports for families in Thunder Bay & District.

These services and supports are voluntary and include:

- Children's Mental Health (*Individual & group counselling, youth addiction programs, day treatment school programs, and residential treatment programs*),
- Autism Services,
- Respite Services,
- Infant/Child Development
- Communication, Physical and Development Needs
- Parent/Caregiver Support

Cost coverage options for private counselling services:

It is always a good idea to consult your family physician, nurse practitioner or paediatrician. Medical professionals help with assessment, interventions and referral to services.

- Employee Assistance Programs and Extended Health Plan Coverage
- First Nations & Inuit Non-Insured Health Benefits Program (NIHB):
 - Call 1-800-881-3921 for a list of approved mental health counsellors in our area.
 - Eligibility: Status Card
 - <http://search.211north.ca/record/TBY215>

Need Help Now?

Emergency & Crisis Services:

In a mental health emergency, **safety** is the immediate concern and help is needed **now**. Call **911** or go to the hospital emergency department.

Crisis phone lines offer urgent help any time of the day, evening or night:

C.M.H.A Thunder Bay Crisis Response Service: 346-8282

Mental health telephone crisis intervention

- Support and information is available 24/7.
- If face to face support is needed, mobile outreach is available from 3:00pm to 11:00pm.
- Anyone can call - children, youth, adults.

Talk4Healing: Help Line for Aboriginal Women living in Northern Ontario (1-855-554-4325)

- Help line is available 24 hours a day, 7 days a week.
- Talk4Healing offers services in English, Ojibway, Oji-Cree & Cree.
- You can call the help line from anywhere in northern Ontario.
- For on-line information: <http://www.talk4healing.com/>



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Dial **2 1 1**

or search www.211ontario.ca

