

THUNDER BAY & DISTRICT

Mental Health Walk-In/Talk-In Clinics



Organizations in **GREY** do not provide mental health counselling. See Page 2 for details.
 Des services en français **peuvent être** disponibles. Services in Cree and Oji-Cree **may** be available.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm</p>	<p>CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm</p>	<p>CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm</p>	<p>CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm</p>	<p>CMHA Thunder Bay (807) 345-5564 www.thunderbay.cmha.ca 9am - 12pm</p>
<p>North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm</p>	<p>Our Kids Count (807) 629-6064 www.ourkidscount.ca 1041 Kenzie St. 9am - 12pm</p> <p>ON HOLD</p>	<p>North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm</p>	<p>North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm</p>	<p>North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm</p>
<p>Alpha Court (807) 683-8200 www.alphacourt.ca 221 Wilson St. 1pm - 4pm</p>	<p>North of Superior Counselling Programs (877) 895-6677 www.nosp.on.ca 10am - 3pm</p>	<p>Alpha Court (807) 683-8200 www.alphacourt.ca 221 Wilson St. 1pm - 4pm</p>	<p>Alpha Court (807) 683-8200 www.alphacourt.ca Brodie Library 1pm - 4pm</p>	<p>Alpha Court (807) 683-8200 www.alphacourt.ca 221 Wilson St. 1pm - 4pm</p>
	<p>Dilico Anishinabek Family Care (807) 624-5818 www.dilico.com 17 Court St. South 1pm - 8pm</p>	<p>Children's Centre / Thunder Bay Counselling (807) 700-0090 www.childrenscentre.ca www.tbaycounselling.com Location rotates 12pm - 6:30pm</p>	<p>Our Kids Count (807) 629-6064 www.ourkidscount.ca #c1-188 Windsor St. 10:00pm - 4pm</p> <p>ON HOLD</p>	

THUNDER BAY & DISTRICT

Mental Health Walk-In/Talk-In Clinics

Time and locations may vary and are subject to change. Please call organizations directly for information.

Alpha Court (807) 683-8200 *(This agency does not provide counselling)*

Access: Must be 16+, call-in/walk-in, first come, first serve. No appointments available.

Services Available: Information on mental health and addictions services, housing, employment and financial supports, assistance with appropriate referrals, and connect with the Alpha Court Day Centre.

Canadian Mental Health Association (807) 345-5564 *(This agency does not provide counselling)*

Access: Must be 16+, call-in/walk-in, first come, first serve. Appointments may be available.

District Access: Call to be connected with our talk-in clinic.

Services Available: Mental health support, Information on mental health and addiction services, housing, employment and financial supports, assistance with appropriate referrals, and CMHA programming.

Children's Centre Thunder Bay / Thunder Bay Counselling (807) 700-0090

Access: All ages, call-in/walk-in, first come, first serve. Location rotates: 1st & 3rd week at TBC, 2nd & 4th week at CCTB. Services en français disponibles.

District Access: Call to be connected with our talk-in clinic.

Services Available: *Mental health* and addiction counselling across the lifespan.

Dilico Anishinabek Family Care (807) 624-5818

Access: All ages, call-in/walk-in, first come, first serve. Appointments may be available. Indigenous services may be available.

District Access: Call 1-855-623-8511 to be connected to a clinician. In-person services may be available in Longlac, Nipigon, Pic Mobert and Armstrong.

Services Available: *Mental health* and addiction counselling across the lifespan, parenting, domestic violence, family therapy, and housing support.

North of Superior Counselling Programs (877) 895-6677

Access: All ages, first come, first serve. Call to request a same-day appointment. Services en français disponibles.

District Access: Call to be connected with our talk-in clinic. In-person services may be available in Marathon, Schreiber, Nipigon and Geraldton.

Service Available: *Mental health* and addiction counselling across the lifespan, parenting and housing support, and community referrals.

Our Kids Count (807) 629-6064

This program is currently on hold and will resume at a later date.

Access: All ages, call-in/walk-in, first come, first serve. Appointments may be available. Access up to 6 sessions.

District Access: Call to be connected with our talk-in clinic.

Services Available: *Mental health* counselling across the lifespan, domestic violence and parenting supports.

Need someone to talk to? We're here to help.



The Walk-In Counselling Clinic provides **quick access to single-session counselling services** to people of all ages, on a first come, first served basis, at no cost to the participant.

Talk to one of our professional counsellors.

Wednesdays 12 noon-6:30pm at the following locations:

(no clinic 5th Wednesday)



1st & 3rd Wednesday Each Month
THUNDER BAY COUNSELLING
544 Winnipeg Avenue

Both
locations
open to all
ages.



2nd & 4th Wednesday Each Month
CHILDREN'S CENTRE THUNDER BAY
283 Lisgar Street

To call-in, dial: 807-700-0090 *Services en français disponibles.*

