

Walk-in Mental Health Counselling Clinics offer children, youth, adults & families quick access to counselling services (single session). The clinics are open on scheduled days and no appointment is necessary. **No fee.** Just drop in during the service hours. **First come, first served.** Sometimes only a single session is needed and if additional support is needed, the counsellor will “get you started” with help planning and making referrals.

Counselling Clinics

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Children’s Centre Thunder Bay (343-5000) & Thunder Bay Counselling (684-1880) Walk-In Counselling Clinic:

Every Wednesday from 12:00pm to 8:00pm, with the last session starting at 6:30pm.

- **Locations:** 1st & 3rd Wednesday at Thunder Bay Counselling, 544 Winnipeg Avenue; 2nd & 4th Wednesday at Children’s Centre Thunder Bay, 283 Lisgar Street
- For more information, call one of the numbers listed or go to:
<http://www.tbaycounselling.com/counselling/walk-in/>

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

Every Tuesday from 1:00pm to 7:00pm; offers mental health counselling, service planning, referral support and traditional healing approaches.

- **Location:** 1115 Yonge Street (Dilico Counselling Heath Park Site)
- For more information call or go to: <http://www.dilico.com/article/-172.asp>

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Thunder Bay Counselling N.I.H.B Drop-In: 684-1880

Walk-in service available to Indigenous children, youth and adults eligible for Non-Insured Health Benefits (N.I.H.B) coverage.

Every Tuesday from 1:00pm to 3:30pm. On-going counselling sessions offered through this service.

- Phone for more information.
- **Location:** Thunder Bay Counselling, 544 Winnipeg Avenue
- **Eligibility:** Status Card

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Let’s Talk Walk-In Counselling Service Our Kids Count & Catholic Family Development Centre: 623-0292 ext 228

Every Tuesday from 4pm to 7pm; 704 McKenzie St Site

Every Thursday from 3:30pm to 6:30pm; 288 Windsor Street Site

- **Phone for more information or visit:**
 - <http://search.211north.ca/record/TBY3788>
 - <http://search.211north.ca/record/TBY3787>

Need Help Now?

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

Help 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 support and information available 24/7
- Mobile outreach from 3pm to 11pm(Monday to Thursday)
- Joint Mobile Crisis Response team outreach 2pm-2am 7 days per week
- **Anyone can call - children, youth, adults**
- For on-line information: <https://thunderbay.cmha.ca/programs-services/crisis-response-services/>

Talk4Healing: Help Line for Aboriginal Women/Youth

(1-855-554-4325)

- Help line is available 24 hours a day, 7 days a week
- Services in English, Ojibway, Oji-Cree & Cree * Talk, Text, Live Chat *
- Call from anywhere in Ontario including the entire Northwest
- For on-line information: <http://www.talk4healing.com/>

More Help:



Ligne de soutien
pour **femmes**
touchées par la violence
www.femaide.ca
ats 1 866 860-7082

AccessNetwork.ca

Connecting children and families to the culturally centred
services & supports they need.

1-855-486-5037

Monday to
Friday-Regular
Business Hours

1 800 668 6868
KidsHelpPhone.ca

Kids Help Phone

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

Cost coverage options for private counselling services:

- Employee Assistance Programs and Extended Health Plan Coverage
- First Nations & Inuit Non-Insured Health Benefits Program (N.I.H.B):
Call 1-800-881-3921 for a list of approved NIHB mental health counsellors in our area.
Eligibility: Status Card
<http://search.211north.ca/record/TBY2155>