

# THUNDER BAY & DISTRICT

## Mental Health Walk-In/Talk-In Clinics

Mental health emergency? Go directly to **hospital**, call **Crisis Response 807-346-8282** OR the **suicide crisis line 9-8-8**

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

CMHA Thunder Bay  
(807) 345-5564  
www.thunderbay.cmha.ca  
9am - 12pm

North of Superior  
Counselling Programs  
(877) 895-6677  
www.nosp.on.ca  
10am - 3pm

Alpha Court  
(807) 683-8200  
www.alphacourt.ca  
221 Wilson St.  
1pm - 4pm

### TUESDAY

CMHA Thunder Bay  
(807) 345-5564  
www.thunderbay.cmha.ca  
9am - 12pm

Our Kids Count  
(807) 623-0292  
www.ourkidscount.ca  
704 McKenzie St.  
9am - 12pm

North of Superior  
Counselling Programs  
(877) 895-6677  
www.nosp.on.ca  
10am - 3pm

Matawa Health Co-Op  
(807) 346-2370  
www.matawa.on.ca  
#510-101 Syndicate Ave. N.  
1pm - 4pm

Dilico Anishinabek  
Family Care  
(807) 626-5100  
www.dilico.com  
17 Court St. South  
1pm - 7pm

### WEDNESDAY

CMHA Thunder Bay  
(807) 345-5564  
www.thunderbay.cmha.ca  
9am - 12pm

North of Superior  
Counselling Programs  
(877) 895-6677  
www.nosp.on.ca  
10am - 3pm

Alpha Court  
(807) 683-8200  
www.alphacourt.ca  
221 Wilson St.  
1pm - 4pm

Children's Centre /  
Thunder Bay Counselling  
(807) 700-0090  
www.childrenscentre.ca  
www.tbaycounselling.com  
Location rotates  
12pm - 6:30pm

### THURSDAY

CMHA Thunder Bay  
(807) 345-5564  
www.thunderbay.cmha.ca  
9am - 12pm

North of Superior  
Counselling Programs  
(877) 895-6677  
www.nosp.on.ca  
10am - 3pm

Our Kids Count  
(807) 623-0292  
www.ourkidscount.ca  
#16 - 288 Windsor St.  
12:00pm - 3:00pm

### FRIDAY

CMHA Thunder Bay  
(807) 345-5564  
www.thunderbay.cmha.ca  
9am - 12pm

North of Superior  
Counselling Programs  
(877) 895-6677  
www.nosp.on.ca  
10am - 3pm

Alpha Court  
(807) 683-8200  
www.alphacourt.ca  
221 Wilson St.  
1pm - 4pm

Matawa Health Co-Op  
(807) 346-2370  
www.matawa.on.ca  
#510-101 Syndicate Ave. N.  
9am - 11am

In partnership  
with:



# 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) 626-5100**

**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.

### **Matawa Health Cooperative / Mental Health Services (807) 346-2370**

**Access:** All ages, walk-in, first come, first serve. No appointments available.

**Services Available:** *Mental health* and addiction counselling across the lifespan, system navigation, and community referrals.

### **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) 623-0292**

**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.