

We'll help you through this.



Doorways provides rapid access to mental health and addictions counselling services 'one session at a time' for youth and adult (12+). While most locations offer a walk-in service, some locations provide same-day, next day, or appointments by phone. If further counselling is required, staff will work with you to provide access to additional services and supports. To find a Doorways location near you, please call 811.

Bonne Bay
Bonne Bay Health Centre
Cow Head Medical Clinic
458-2381 ext. 266
By Appointment

CALL
811
HEALTHLINE

to find out about mental health and addictions programs and services available in your area.

Doorways is not an emergency service.
In an emergency, call 911, the Provincial Mental Health Crisis Line at **1-888-737-4668**, or proceed to the nearest emergency department.

doorways