

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.

Port Saunders
Rufus Guinchard Health Centre
861-9126
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.

