

# 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 adults (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.

127 Montana Drive, Stephenville  
643-8740  
Wednesday: 1-8pm (last walk-in at 7)

**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