

Doorways

E-MENTAL HEALTH HIGHLIGHT

25 November 2024



is a mental health and addictions counselling service, available in-person and virtually, that provides quick access to mental health and addictions services.






Individuals who need support can drop in to a **Doorways** location, or call to receive services by telephone or to arrange a video conference.



In-person Drop-in Service: An individual can walk in to the location of their choice and request to speak with a counsellor.



Virtual Drop-in Service: An individual can call the location of their choice and request to speak with a counsellor, by telephone or video conference.

-  No appointment required.
-  No referral necessary.
-  Available to children, youth and adults.
-  Individuals can attend a one-time single counselling session, and return for additional sessions as needed.
-  If other services are required, staff will work with the person to provide access to additional services and supports.

To find a Doorways location:



or



GET HELP WHEN YOU NEED IT

To Learn More

Visit nl.bridgethegapp.ca

Bridge the gapp

or scan the code

