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Counselling Options

DoorWays

DoorWays is a single session, walk-in counselling service available to youth and adults without an appointment or referral. A health-care professional will meet with you and discuss your concerns on a first-come, first-serve basis. *DoorWays* provides information and support focused on your need.

Some examples of what you may want to discuss are: family, health, grief, work, relationships, stress, anxiety, depression, drinking or drug use.

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

Please don't hesitate to visit a *DoorWays* in your area:

- [DoorWays locations and times \(PDF, May 2019\)](#)
- Or the **HealthLine at 811**, a nurse will provide you with a location near you.

Community Counsellors

Counsellors are available to support individuals who have mental health or substance use concerns as well as family/friends who are affected.

Please don't hesitate to contact us regarding:

- | | |
|---------------------|--------------------------------------|
| Alcohol and Drugs | Grief and Loss |
| Anxiety and Stress | Depression |
| Mental Illness | Parenting |
| Relationships | Sexual, Physical and Emotional Abuse |
| Smoking | Suicide |
| Gender and Identity | Anger |
| Eating Disorders | Family Issues |
| Fear and Phobias | Gambling |

Or any other concern that is affecting your mental health and well-being.

To find a counsellor near you:

- Visit www.bridgethegapp.ca and review the service directory.

- Call the HealthLine at 811 and a nurse will provide you with a contact number.

Counselling for an Eating Disorder

See 'Eating Disorder Services' section of this website.

Counselling Referral Forms

Ch-0016 Referral Form Mental Health and Addictions Services (Editable, PDF)

- For children and youth, complete form and **fax to:** (709) 777-2211
- For adults, complete form and **fax to:** (709) 752-6852, or **submit by email to:** MHIntake@easternhealth.ca.

Updated May 21, 2019