



Walk-In Counselling Service



Session at a Time

Algoma Family Services, Algoma Public Health, Canadian Mental Health Association, John Howard Society and Sault Area Hospital are pleased to partner together to make mental health and addictions services more accessible by offering a walk-in counselling service to children, youth, families, adults and couples.

Please call us at **(705) 759-5989** for more information.

Where:

Canadian Mental Health Association
386 Queen Street East, Sault Ste. Marie
(Queen Street Entrance, 1st Floor)

When:

Tuesdays, 11:30 a.m to 7 p.m
(last session at 5:30 p.m)

Who Can Access Services?

Children, youth, adults, couples and families. Please feel free to bring your personal support (friend, family member, support worker, etc.)



What Can I Expect?

You will be provided with information about the service and meet with a counsellor for a single confidential session. Each session can last 1-1^{1/2} hours and will address **your** concern.

You may experience a short wait at the office until a counsellor is available.

Please note this is **not** a crisis or emergency service. If you require immediate assistance, please contact the Crisis Helpline at (705) 759-3398 or 1-800-721-0077 or 911 Emergency Services