



# Walk-In Counselling Service



## Session at a Time

Algoma Family Services, Algoma Public Health and the Canadian Mental Health Association 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, 1<sup>st</sup> 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<sup>1/2</sup> hours and will address **your** concern.

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



*Services for Children, Youth and Their Families are Proudly Supported By*

**MEDAVIE**  
HEALTH FOUNDATION

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



Algoma  
PUBLIC HEALTH  
Santé publique Algoma



Algoma Family Services  
SERVICES AUX FAMILLES D'ALGOMA



Canadian Mental  
Health Association  
Sault Ste. Marie Branch  
Mental health for all