



Virtual Session at a Time

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

When?

Appointments will be available on **Tuesdays** and sessions will be provided by telephone or video conference.

How?



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.

To make an appointment call

CMHA's Access Line

(705) 759-5989 or 1-855-366-1466

on Mondays* from 9:00 am – 4:00 pm

*if Monday is a statutory holiday please call for information on booking an appointment

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