

THUNDER BAY & DISTRICT

Mental Health Walk-In/Talk-In Clinics

Mental health emergency? Go directly to **hospital**, call **Crisis Response 807-346-8282** OR the **suicide crisis line 9-8-8**

Organizations in **GREY do not** provide mental health counselling. See Page 2 for details.

Des services en français **peuvent être** disponibles. Services in Cree and Oji-Cree **may** be available.

In partnership
with:



MONDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9am - 12pm

North of Superior
Counselling Programs
(877) 895-6677
www.nosp.on.ca
10am - 3pm

Alpha Court
(807) 683-8200
www.alphacourt.ca
221 Wilson St.
1pm - 4pm

TUESDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9am - 12pm

Our Kids Count
(807) 623-0292
www.ourkidscount.ca
704 McKenzie St.
9am - 12pm

North of Superior
Counselling Programs
(877) 895-6677
www.nosp.on.ca
10am - 3pm

Matawa Health Co-Op
(807) 346-2370
www.matawa.on.ca
523 Algoma St. North
1pm - 4pm

Dilico Anishinabek
Family Care
(807) 626-5100
www.dilico.com
17 Court St. South
1pm - 7pm

WEDNESDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9am - 12pm

North of Superior
Counselling Programs
(877) 895-6677
www.nosp.on.ca
10am - 3pm

Alpha Court
(807) 683-8200
www.alphacourt.ca
221 Wilson St.
1pm - 4pm

Children's Centre /
Thunder Bay Counselling
(807) 700-0090
www.childrenscentre.ca
www.tbaycounselling.com
Location rotates
12pm - 6:30pm

THURSDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9am - 12pm

North of Superior
Counselling Programs
(877) 895-6677
www.nosp.on.ca
10am - 3pm

Alpha Court
(807) 683-8200
www.alphacourt.ca
Brodie Library
1pm - 4pm

Our Kids Count
(807) 623-0292
www.ourkidscount.ca
#16 - 288 Windsor St.
12:00pm - 3:00pm

FRIDAY

CMHA Thunder Bay
(807) 345-5564
www.thunderbay.cmha.ca
9am - 12pm

North of Superior
Counselling Programs
(877) 895-6677
www.nosp.on.ca
10am - 3pm

Alpha Court
(807) 683-8200
www.alphacourt.ca
221 Wilson St.
1pm - 4pm

Matawa Health Co-Op
(807) 346-2370
www.matawa.on.ca
523 Algoma St. North
9am - 11am

Updated April 25, 2025

THUNDER BAY & DISTRICT

Mental Health Walk-In/Talk-In Clinics

Time and locations may vary and are subject to change. Please call organizations directly for information.

Alpha Court (807) 683-8200 *(This agency does not provide counselling)*

Access: Must be 16+, call-in/walk-in, first come, first serve. No appointments available.

Services Available: Information on mental health and addictions services, housing, employment and financial supports, assistance with appropriate referrals, and connect with the Alpha Court Day Centre.

Canadian Mental Health Association (807) 345-5564 *(This agency does not provide counselling)*

Access: Must be 16+, call-in/walk-in, first come, first serve. Appointments may be available.

District Access: Call to be connected with our talk-in clinic.

Services Available: Mental health support, Information on mental health and addiction services, housing, employment and financial supports, assistance with appropriate referrals, and CMHA programming.

Children's Centre Thunder Bay / Thunder Bay Counselling (807) 700-0090

Access: All ages, call-in/walk-in, first come, first serve. Location rotates: 1st & 3rd week at TBC, 2nd & 4th week at CCTB. Services en français disponibles.

District Access: Call to be connected with our talk-in clinic.

Services Available: *Mental health counselling* and substance use health across the lifespan.

Dilico Anishinabek Family Care (807) 626-5100

Access: All ages, call-in/walk-in, first come, first serve. Appointments may be available. Indigenous services may be available.

District Access: Call 1-855-623-8511 to be connected to a clinician. In-person services may be available in Longlac, Nipigon, Pic Mobert and Armstrong.

Services Available: *Mental health* and addiction counselling across the lifespan, parenting, domestic violence, family therapy, and housing support.

Matawa Health Cooperative / Mental Health Services (807) 346-2370

Access: All ages, walk-in, first come, first serve. No appointments available.

Services Available: *Mental health* and addiction counselling across the lifespan, system navigation, and community referrals.

North of Superior Counselling Programs (877) 895-6677

Access: All ages, first come, first serve. Call to request a same-day appointment. Services en français disponibles.

District Access: Call to be connected with our talk-in clinic. In-person services may be available in Marathon, Schreiber, Nipigon and Geraldton.

Service Available: *Mental health* and addiction counselling across the lifespan, parenting and housing support, and community referrals.

Our Kids Count (807) 623-0292

Access: All ages, call-in/walk-in, first come, first serve. Appointments may be available. Access up to 6 sessions.

District Access: Call to be connected with our talk-in clinic.

Services Available: *Mental health* counselling across the lifespan, domestic violence and parenting supports.