

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
2nd week of each month
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 October 10, 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.
If you require accessibility services or accommodations, we encourage you consult directly with the relevant agency
prior to booking a walk-in/talk-in appointment.*

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.