

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

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

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 December 18, 2025