



# Labrador-Grenfell Health

---

February 12, 2018

## ***PUBLIC SERVICE ANNOUNCEMENT***

### **Walk-in Services for Mental Health & Addictions Expanded to St. Anthony**

Labrador-Grenfell Health is announcing the expansion of DoorWays, a single session walk-in counselling service, to St. Anthony. The program was launched last month in Labrador City and Happy Valley-Goose Bay. DoorWays offers single sessions on a first come, first served basis. Some of the topics that could be discussed with a counsellor include: depression, anxiety, bullying, coping, grief/loss, addictions, relationship issues and/or stress.

#### **St. Anthony**

Every Monday starting February 12, 2018

1:00-9:00 p.m. (last walk-in accepted at 8:00 p.m.)

Mental Health and Addictions Dept., Charles S. Curtis Memorial Hospital

For more information, please call 454-0326

#### **Happy Valley-Goose Bay**

Every Tuesday, started January 30, 2018

2:00 p.m.-10:00 p.m. (last walk-in accepted at 9:00 p.m.)

Mental Health & Addictions Dept., Labrador Health Centre

For more information, please call 897-2343

#### **Labrador City**

Every Tuesday, started January 23, 2018

2:00 p.m.-10:00 p.m. (last walk-in accepted at 9:00 p.m.)

Mental Health & Addictions Dept., Labrador West Health Centre

For more information, please call 285-8251

Please note that the single session walk-in counseling service will be offered at other locations in the Labrador-Grenfell Health region in the coming weeks.

DoorWays is not an emergency service. Individuals experiencing a mental health emergency (i.e. risk of immediate harm) should call 911 or the Mental Health Crisis Line at 1-888-737-4668, or proceed to the nearest Emergency Department.

- 30 -

#### **Media Contact:**

Allan Bock

Chief Communications Officer, Labrador-Grenfell Health

Happy Valley-Goose Bay, NL A0P 1C0

Tel: (709) 897-2351 • Cell: (709) 899-1568 • allan.bock@lghealth.ca