

TALK NOW

Mental Health and Addictions Clinic

We offer services to all ages.

If you need help with a mental health and/or addictions concern please call 705-876-5826 to be connected with a mental health professional.



Phone lines are answered Monday to Friday from 8:30 a.m. to 3:30p.m. Closed on weekends and statutory holidays.

Appointments daily, with some afternoon and evening availabilities, either in-person, over the phone, or virtually.

Services can only be provided for children age 11 and under in shared custody situations when consent for service is provided by both parents/caregivers.