

DILICO ANISHINABEK FAMILY CARE

Ph: 807 623 8511

Web: <https://www.dilico.com/mental-health-addictions/walk-in-counselling-clinic/>

Dilico offers a walk-in counselling clinic on Tuesdays and adult mental health services for Anishinabek adults 18+

Thunder Bay Clinic: Tuesdays from 1-7 Pm, Dilico Health & Wellness Centre, 17 Court St. S.

Longlac Clinic: First Tuesday of each month from 1:00 – 3:30 PM, Dilico Longlac Office, 118 Forestry Rd.

Nipigon Clinic: First Tuesday of each month from 1:00 – 3:30 PM, Dilico Nipigon Office, 112-4th Street

Whitesand Clinic: First Tuesday of each month from 1:00 – 3:30 PM, Dilico Whitesand Office, 3 A Whitesand Dr.

Mobert Clinic: First Tuesday of each month from 1:00 – 3:30 PM, Dilico Mobert Office, #11-10th St.



THUNDER BAY COUNSELLING CENTRE

Ph: 807 684 1880

<https://www.tbaycounselling.com/walk-in-counselling/>

The Walk-In Counselling Clinic provides quick access to single-session counselling services to people of all ages, on a first come, first served basis, at no cost to participants.

Each Wednesday from 12:00 PM – 6:30 PM (no clinic 5th Wednesday)

1st & 3rd Wednesday each month – Thunder Bay, 544 Winnipeg Ave.

2nd & 4th Wednesday each month – Children's Centre Thunder Bay, 283 Lisgar St.



Offering fee counselling & psychotherapy services

No cost services: addiction service (1mth waitlist), Violence Against Women (16+, 3mth waitlist), Male Survivors of Sexual Abuse Program (16+, 3mth waitlist)

ONTARIO NATIVE WOMEN'S ASSOCIATION (ONWA)

Ph: 807 623 3442

Web: <https://www.onwa.ca/>

Support for Indigenous Women

Community members may complete the intake process to take part in traditional healing workshops that can support grief.



TALK4HEALING

Ph: 1 855 554 HEAL (4325)

Web: <https://www.onwa.ca/>



Beendigen's Talk4Healing Helpline offers help, support, and resources 24/7 through talk, text, and chat. If you feel isolated, disconnected, or you don't know where to turn, it can be so hard to ask for help. Especially when you feel like no one understands.

You're not alone. We're here for you, without judgment. Talk4Healing services are for Indigenous women and are provided by Indigenous women, ensuring support and solutions that will help you take control of your own life in your community.

Whether it's just by providing someone who listens and cares, or more direct support to help in potentially dangerous situations, Talk4Healing is here to get you started.

FORT WILLIAM FAMILY HEALTH TEAM



Ph: 807 626 1233

Web: <https://fortwilliamfhn.ca/>

Offering grief counselling available through referral for patients of the Fort William Family Health Team.

ST. JOSEPH'S HOSPITAL



Ph: 807 343 2431

Web: https://sjcg.net/services/mental-health_addictions/outpatient/main.aspxtbr

St. Joseph's Care Group (SJCG) provides grief counselling and spiritual care available to St. Joseph's Hospital family members & staff.

Offering a mental health outpatient program (MHOP), counselling, psychiatrist consultation, addiction services, psychological assessment services & specialized services for outpatients.

THUNDER BAY REGIONAL HEALTH SCIENCES CENTER (TBRHSC)



Ph: 807 684 6236

Web: <https://tbrhsc.net/programs-services/mental-health-program/adult-mental-health-services/>

Offering spiritual care and psychotherapy services as part of their Adult Mental Health Program.

Inpatient services for serious and/or acute mental illness for individuals that are medically stable (no life-threatening or serious physical injury)

LUTHERAN COMMUNITY CARE CENTER



Ph: 807 345 6062

Web: <https://www.lccare.ca/>

Offering a variety of community supports for individuals with developmental disabilities including:

- Developmental services
- Street reach ministries
- Tenant support program
- Social services
- Service coordination & planning
- Pastoral care
- Lutheran faith-based services

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)



Ph: 807 345 5564 (Office)

Web: <https://thunderbay.cmha.ca/>

Through the New Foundations Program providing employment, education, social activities, housing support, advocacy and brief case management for people with mental health issues. Support also includes facilitating community mental health links, providing a list of helpful websites & resources for help and support.

Ph: 807 346 8282

District/Toll Free: 1 866 888 8988

Web:

<https://thunderbay.cmha.ca/programs/crisis-response-services/>

24/7 Mental Health Phone Line for the entire Northwest Ontario Region. Trained staff are available to respond to calls or texts to listen, provide support and assistance in finding solutions and offering resources for all incoming calls with the primary focus on assessment and mitigation of risk.

SUICIDE CRISIS HELPLINE

Ph: 9-8-8

Web: <https://988.ca/>

9-8-8

**Suicide Crisis
Helpline**

If you are thinking about suicide, or you're worried about someone else, call or text 9-8-8 toll free, any time.

**NAN HOPE
NISHNAWBE ASKI MENTAL HEALTH &
ADDICTIONS SUPPORT ACCESS PROGRAM**

NAN HOPE

Nishnawbe Aski Mental Health and
Addictions Support Access Program

Ph: 1 844 NAN HOPE (626-4673)

Web: <https://nanhope.ca/>

Available for all NAN Citizens providing culturally appropriate and timely mental health and addictions support 24/7 and rapid access to confidential counselling support.

**AM CONSULTING SERVICES
GRIEF RECOVERY SPECIALIST**



Ph: 807 633 6577

E: Alexamckinnon@tbaytel.net

Alexa McKinnon is a Certified Grief Recovery Specialist through the Grief Recovery Institute providing individual, virtual and group programming at cost.

***PLEASE INQUIRE DIRECTLY WITH AM
CONSULTING SERVICES ABOUT THEIR SERVICE
FEE.**

JACINDA FIRTH PSYCHOTHERAPY



Ph: 807 620 6493

E: Jacindafirth@hotmail.com

Providing at cost psychotherapy services including CBT, DBT, EMDR and Hypnotherapy among other services.

***PLEASE INQUIRE DIRECTLY WITH JACINDA
FIRTH PSYCHOTHERAPY ABOUT THEIR SERVICE
FEE.**

KELLY MENTAL HEALTH (KMH)



Ph: 807 767 3888

Web: <https://www.kellymentalhealth.com/>

KMH offers counselling, workshops, seminars and group debriefing. Counselling services include support for depression, anxiety, stress, trauma, grief, abuse, family, violence, relationships, assault and many other issues.

***PLEASE INQUIRE DIRECTLY WITH KELLY MENTAL HEALTH ABOUT THEIR SERVICE FEE.**

NORTHWIND COUNSELLING SERVICES



Ph: 807 622 5790

Web: <https://counselling.northwindfm.org/>

NorthWind Family Counselling is part of NorthWind Family Ministries, their services include individuals, couples, families & Indigenous communities through their organizational 4 pillars: Counselling, LifeBuild (life development & skills training), Biblical Training and land-based activities.

***PLEASE INQUIRE DIRECTLY WITH NORTHWIND COUNSELLING SERVICES ABOUT THEIR SERVICE FEE.**

SULLIVAN + ASSOCIATES CLINICAL PSYCHOLOGY



Ph: 807 768 0660 or 807 768 0888

Web: <https://www.drsullivan.ca/>

Offering psychotherapy & counselling services for children and adults, assessments & diagnosis.

***PLEASE INQUIRE DIRECTLY WITH SULLIVAN + ASSOCIATES ABOUT THEIR SERVICE FEE.**

CREATIVE COUNSELLING



Ph: 807 626 0345

Web: <https://creativecounsellingthunderbay.ca/>

Offering expressive arts therapy, children's counselling, adult counselling, workshops & Eye Movement Desensitization and Reprocessing (EMDR) for children & adults.

***PLEASE INQUIRE DIRECTLY WITH CREATIVE COUNSELLING ABOUT THEIR SERVICE FEE.**

AUTUMNWOOD COUNSELLING HEATHER WITILUK, PSYCHOTHERAPIST



Ph: 807 500 0916

Web:

<https://www.autumnwoodcounselling.com/services>

Autumnwood Counselling offering counselling support for children, adolescents, adults, couples & groups. Also offering hypnotherapy & hypnosis, and in-home palliative care services.

***PLEASE INQUIRE DIRECTLY WITH AUTUMNWOOD COUNSELLING ABOUT THEIR SERVICE FEE.**

PIVOT COUNSELLING ROCHELLE LEE



Ph: 1 519 567 3631

Web: <https://www.pivotcc.ca/>

Offering short and long-term therapy support through EMDR, expressive arts and emotion-focused family therapy. Support for family estrangement, sexuality/gender, depression & mood disorders, emotional regulation, anxiety, trauma, grief & loss including ambiguous grief, separation & divorce, behaviours and anger management.

***PLEASE INQUIRE DIRECTLY WITH PIVOT CONSULTING & COACHING ABOUT THEIR SERVICE FEE.**

CHARIS CENTRE



E: Info@chariscentre.ca

Web: <https://www.pivotcc.ca/>

Claudia is a well-known speaker, teacher and is recognized for the exceptional work she does facilitating groups, workshops and retreats. Claudia provides counselling for a variety of key areas including: women's issues, depression & anxiety, couples & families, substance (mis)use and addiction, EAP, grief & loss, healing the wounds of sexual abuse and psychodramatic body work.

LISA LAITINEN-EGBUCHULAM COUNSELLING



Ph: 807 708 4767

E: lisaegbuchulam@gmail.com

Lisa is a Registered Psychotherapist and Spiritual Care Provider offering virtual & in-home counselling services.

MYGRIEF.CA

MyGrief.ca

Mygrief.ca offers a free and confidential online resource to help understand and move through grief through the use of modules. Mygrief.ca offers a grief series, relationship series, pregnancy & infant loss series & other new modules.

OFFERED THROUGH:





THIS LIST OF COUNSELLING RESOURCES HAS BEEN COMPILED BY HOSPICE
NORTHWEST SERVICES FOR ADDITIONAL SUPPORT. THIS IS NOT AN ALL-
ENCOMPASSING LIST OF ALL THE SERVICE PROVIDERS IN THUNDER BAY, ON.
PLEASE REACH OUT TO EACH ORGANIZATION DIRECTLY TO INQUIRE ABOUT THEIR
SERVICES AND ANY ASSOCIATED COSTS.