

Doorways



Residents of Newfoundland and Labrador can access mental health and addictions counselling without an appointment or referral using Doorways.

Doorways is a mental health and addictions counselling service providing rapid access 'one session at a time'.

-  No Referral Required
-  No Formal Assessment
-  No Triaging
-  No Intake Process
-  No Waitlist

Individuals
can get help
when they
need it!

Doorways is available in-person, over the telephone, or by video conference. Most locations offer a drop-in service, while others provide same-day or next day appointments.



In-person Drop-in Service: An individual can walk in to the location of their choice and request to speak with a counsellor.

Virtual Drop-in Service: An individual can call the location of their choice and request to speak with a counsellor, by telephone or video conference.

All sessions, whether in-person or virtual, are provided on a first-come, first-serve basis. There may be a brief wait time, as individuals are seen in the order in which they arrive/call.

The 'one session at a time' approach is client-focused, and is used to deal with whatever issue the individual would like to address **at that specific time**. If during the session it is determined that further counselling would be helpful, staff will work with the person to provide access to additional services and supports.

Click [here](#) to find a Doorways location, or dial 811 and a HealthLine nurse will provide a contact number.