

TALK-IN CLINIC



THE NORFOLK FAMILY HEALTH
TEAM IS EXCITED TO ANNOUNCE A
NEW SINGLE SESSION MENTAL
HEALTH COUNSELLING CLINIC FOR
ADULTS 18+ IN NORFOLK COUNTY

WHEN: Wednesdays from Noon until 8 p.m.

WHERE: Delhi Community Health Centre
at 105 Main St. in Delhi (across from TD Bank)

All sessions are by appointment only.

Please call: 519-582-2323 Ext. 232

to schedule a 60 minute session with a counsellor.

COST-FREE

NO REFERRAL
OR HEALTH
CARD NEEDED

IN-PERSON,
ONE-TO-ONE
SUPPORT

CONFIDENTIAL
AND CLOSE TO
HOME

A Mental Health Counsellor will explore the issues that you want to discuss and will work with you to identify skills and strategies to help you manage or resolve them. Goals and next steps will be written down to take with you.

Some Issues That We Can Support You With:

- Anxiety
- Depression
- Life Stressors
- Grief and Bereavement
- Family / Couples / Parenting Conflict
- Major Life Changes or Transitions
- Violence or Abuse
- Systems Navigation and Referrals

If you are experiencing a crisis or require immediate support, please call CAST at 1-866-487-2278.

YOU DO THE TALK-IN, WE'LL DO THE LISTENING