

Free Counselling Services in the Community

Thunder Bay Crisis Response – 346-8282

Walk-In Counselling Clinic – Free and immediate single-session counselling services to children, youth, teens and adults on a first come-first served basis. 12pm-630pm on Wednesday's

- 1st and 3rd Wednesday of the month – Thunder bay Counselling Centre (684-1880; 544 Winnipeg Av)
- 2nd and 4th Wednesday of the month – Childrens Centre Thunder bay (343-5000; 283 Lisgar St)

Male Survivors Program –Free and confidential counselling support to men who have experienced sexual abuse or assault. Family members and significant others are also able to access counselling to support their loved ones.

- Catholic Family Development Centre (do not need to be catholic or practicing any religion to access services – non denominational counselling) – 345-7323
- Thunder Bay Counselling Centre – 684-1880

Violence Against Women Counselling – Free counselling services to women and their children who have experienced or are experiencing emotional, physical and/or sexual abuse, including historic sexual abuse in childhood.

- Catholic Family Development Centre (do not need to be catholic or practicing any religion to access services – non denominational counselling) – 345-7323
- Thunder Bay Counselling Centre – 684-1880
- Thunder Bay Sexual Assault Sexual Abuse Counselling and Crisis Centre – 344-4502

Addiction Services – Free counselling services to individuals (youth and adults) who are struggling with addictions currently or trying to maintain sobriety.

- Thunder Bay Counselling Centre – 684-1880
- Sister Margaret Smith Centre – 684-5100

Credit Counselling – Helps individuals and families to pay off credit cards and unsecured loans and live debt free. Also provides free budgeting and assessments.

- Thunder Bay Counselling Centre – 684-1880

Children and Youth - Children's mental health services focusing on assessment, treatment, support and education to children ages 0 through 18 and their families. Professionals with children's mental health specific consultation within the schools, the youth justice system and child care programs.

- Children's Centre Thunder Bay – 343-5000
- Counselling and Clinical Support Services at Dilico – 623-8511

Depression, Anxiety, Stress, Grief, etc – Counselling services offered primarily in group format (with option for 1:1 follow-up).

- See your NP to discuss referral to St. Joseph's MH Programs

Non-Insured Health Benefits – Free individual counselling for anyone 16 and up who has status (must provide status number at time of intake)

- Thunder Bay Counselling Centre – 684-1880
- Catholic Family Development Centre (do not need to be catholic or practicing any religion to access services – non-denominational counselling) -345-7323
- Counselling Services in the Yellow Pages

Motor Vehicle Accident – Free counselling to individuals with open claims who have been in an accident or witnessed an accident (regardless of the individuals role in the accident ie. Driver, passenger, etc)

- Thunder bay Counselling Centre – 684-1880
- Counselling Services in the Yellow Pages of phonebook or Google Counselling Services Thunder Bay

Employee Assistance Program: Paid for by select employers, employed individuals and their families often have access to free counselling services at a specific community organization.

- Speak with your HR re. services available
- Check lunchrooms and hiring packages to see if information is in there
- Contact some of the community organization often associated w. EAP's including Thunder Bay Counselling Centre, Behavioural Sciences Centre etc

Extended Health Care Benefits: Offered to employed individuals and their families, usually requires payment up front for services which can then be submitted for reimbursement. Usually requires services to be offered by someone with a Masters of Social Work.

- Speak with your HR re. services available
- Review your benefits booklet, usually under paramedical services. If not listed as an offered service, contact the provider as it may have changed

Students at Confederation College and Lakehead University: Both schools have free counselling services available to their students throughout the school year.

- Contact student services for further information or attend the counselling offices located in the main building on each campus

Fee for Services

- Thunder Bay Counselling Centre (\$90) – 684-1880
- Google – Counselling Services Thunder Bay
- Theravive – Search private practitioners in Thunder Bay