

Mental Wellness & Addiction Services – Central Intake

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.

We are here to assist during this pandemic. To schedule an appointment for a telephone/virtual care counselling session or to schedule an appointment for our addiction withdrawal services, please call our central intake number(s) at:

1-844-864-0523

Leave a message for call back within 24 to 48 hours - 7 days per week.

1-705-844-1551

Monday through Friday – 8:30 am to 4 pm – Live person