



Call-in Counselling Clinic for Seniors

Call now to book your session.

1-888-726-2503

Free. Confidential. Accessible.

We're here for you and with you.

Grief • Depression • Anxiety • Abuse
Identity • Intimacy • Relationships • Trauma
Emotions • Mental Health • Wellness
Loneliness • and more...



How does the phone clinic work?

Call the toll-free help line (1-888-726-2503) and leave a message. Our intake team will call back to set up your FREE counselling session.

The clinic line is monitored from 9am-5pm, Monday-Thursday;
and 9am-3pm, Friday (holidays excepted).

Help is just a phone call away.