

# QUICK ACCESS MENTAL HEALTH APPOINTMENTS ARE JUST A CLICK AWAY



**WWW.1DOOR.CA IS MAKING ACCESS TO MENTAL HEALTH SUPPORTS EASIER FOR YOUTH AND ADULTS IN SIMCOE COUNTY**

## WHAT

Free, confidential single session mental health (aka 'walk-in') appointments

- Adult and youth counselling appointments
- Youth peer support and navigation services

## WHERE

Online

- phone
- virtual

In-person

## HOW IT WORKS

- Choose the appointment time that works for you
- Complete the booking and receive a confirmation email
- Attend your session

## WHEN

- Book an appointment 24/7/365
- Same and next day appointments available
- No time on hold, or voicemail messages

**Easy, convenient and based on your schedule.**

If your organization offers free walk-in mental health appointments and would like to participate please reach out through the 'Contact Us' section of the website.