

## Georgian Bay Family Health Team (GBFHT)

### MH Counselling for Adults

Your physician or NP has referred you to the GBFHT Adult Counselling program. To book your first appointment:

**Call 705-444-5885 Ext 6202**

9am-5pm Monday to Friday

Please ask your Doctor or Nurse Practitioner if you need help to make the call

- Sessions typically last 50-60 minutes.
- We offer short term therapy, typically to a maximum of 10 sessions.
- If you cannot attend your scheduled appointment, please contact us to cancel.

GBFHT offers **Single Session Counselling** services on Wednesdays from 9am to 4pm at the Georgian Bay Family Health Team, Suite 100, 186 Erie Street, Collingwood.

Please call the number above to book a telephone appointment.

***No waitlist. No referral. No commitment. First come, first served.***

### **Crisis Services**

GBFHT is not an emergency service and cannot respond to telephone calls outside of regular business hours. If you feel as though you are in crisis, please call your family physician or attend the local emergency department. You can also call the Mental Health Crisis Line, which is available 24 hours a day, 7 days a week. Their toll-free number is 1-888-893-8333.