



# NEW SERVICE

## COVID Frontline Wellness

Waypoint Centre for Mental Health Care is now offering regional Mental Health and Addictions Support for Health Care Workers, Care Providers and First Responders Affected by COVID

### Self-referral available

For fast and easy access - you will receive a response within 48 hours

### Mental health professionals

Initial intake & virtual session to talk directly with a mental health professional

### Menu of services

Your own flexible plan for brief therapy intervention & symptom management and support

### Evidence based CBT

Includes access to evidence based Cognitive Behaviour Therapy & free counselling

## Reach out today

Please take the time to do this for yourself if you are in need - fill out the on-line referral form at [waypointcentre.ca](http://waypointcentre.ca) or call Waypoint Central Intake at 705 549-3181 ext. 2308 or 1-877-341-4729.

This service is not a crisis service. Anyone in crisis should use the mental health crisis line in your community, call 911 or go to your closest emergency department.

Waypoint is pleased to be working in partnership with the Mental Health and Addictions Centre of Excellence at Ontario Health and other provincial partners to provide this new service