

Join us in welcoming Laurie Cavan MSW RSW to our Team.

Laurie offers social work and counselling for mental health support. Please call 807-822-2320.

- Anxiety and depression
- Workplace stress
- Relationship challenges
- Insomnia
- Grief and loss
- General emotional support otherwise unknown

Crisis organizations:

Sault Area Hospital (24 hour) Crisis Services - 705-759-3398 <https://sah.on.ca/>

Chadwick Home Women's (24 hour) Crisis Line - 705 856 2848 <https://chadwichome.com/>

Sexual Abuse Centre Thunder Bay - 807 344 4502 <http://www.tbsasa.org/>

Indian Residential School Survivors (24-hour crisis line) 1-800-721-0066
<https://www.irsss.ca/>

Canada Suicide Prevention Services 1-833-456-4566
<https://www.crisisservicescanada.ca/en/>

Good 2 Talk (17 -25-year-old) Helpline 1-866-925-5454 <https://good2talk.ca/>

Trans Lifeline (peer support) 1-877-330-6366 <https://translifeline.org/>