



Quick Access Counselling

Drop-in for quick access to professional counselling and psychotherapy services
Tuesdays 1:00 PM – 3:00 PM
(The last appointment is at 3:00 PM)

No appointment is needed. We see people on a first come first served basis.

Services are available to:

- **First Nations & Inuit Health Branch: Non-Insured Health Benefits (FNIHB NIHB)**
- **Indian Residential School (IRS) Survivors**
- **Individuals impacted by Missing & Murdered Indigenous Women and Girls**

Important information:

1. Your Status Card is required for the funding application.
2. If you are accessing IRS, please bring the name of the family member and school attended.
3. The first session is an assessment.
4. The Counsellor you see for your assessment will continue to be your counsellor for future sessions.
5. All funding requests will be sent to Health Canada for approval.
6. Your next appointment will be scheduled after funding approval is received.
7. If you require a letter to arrange transportation and accommodations, it will be provided at your session.

Please note: Thunder Bay Counselling cannot arrange transportation or accommodations for you or family members. This must be completed with FNIHB NIHB or your IRS Contact at Health Canada.