

Mental Health Counselling Options

Nipigon Catchment ONLY

Private Pay – Can use benefits or pay out of pocket (NOT COVERED BY OHIP). Often has shorter wait times.

None in Nipigon area.

Publicly Funded – No fee to client but may have certain criteria to be covered and longer wait times.

Organization	Contact Information	Service Delivery Options		
		In-Person	Video	Phone
North of Superior Counselling (NOSP) Website: North of Superior Counselling Programs (NOSP)	Phone Toll Free: 1-877-895-6677 Fax: 807-887-2764	X	X	X
Dilico *Priority given to patients who are Indigenous but will accept referrals for non-Indigenous patients Website: Home - Dilico	Phone: (807) 887-2514 Fax: (807) 887-2184 Toll-Free: 1-855-623-8511	X		
Nipigon District Family Health Team Website: Ndfht.ca	Phone: 807-887-5252, ext 2 Fax: 807-887-5991	X	X	X
People Advocating for Change Through Empowerment (PACE) *Peer support only, no counselling.	Phone: 807-631-9732 Email: pacenipigon@tbaytel.net	X		X

First Nation Non-Insured Health Benefits (NIHB) - Accessible to people with First Nations status. Organization will bill direct to NIHB.

See above publicly funded options for Nipigon area only.

City of Thunder Bay

Private Pay – Can use health benefits or pay out of pocket (NOT COVERED BY OHIP). Often has shorter wait times.

Organization	Contact Information	Service Delivery Options		
		In-Person	Video	Phone
Kindful Psychology Website: Home Kindful Psychology	Tel: (807) 623-3607 Fax: (807) 623-5877	X	X	X
Kelly's Mental Health Website: KELLY MENTAL HEALTH - Always Getting Better	Phone: (807) 767-3888 Toll-free: 1 (833) 467-0275 Fax: (807) 346-9409 Email: info@kellymentalhealth.com	X	X	X
Thunder Bay Counselling Website: Home - Thunder Bay Counselling	Phone: (807) 684-1880 Email: community@tbaycounselling.com	X		X
Elevate Therapy Website: Elevate Therapy Thunder Bay Ontario	Tel: (807) 622 4357 fax: (807) 625 5394	X	X	X
Headley & Co Mental Health	Website: headleycotbay.ca	X	X	X
Thunder Bay Psychology Website: Counselling Centre Thunder Bay Thunder Bay Psychology	Phone : 807-628-0752 Toll Free : 1-888-872-8551 Fax : 807-344-2089	X	X	X
Maria Drohan Counselling Website: Maria Drohan Counselling Thunder Bay	Phone: 1-807-633-4685	X	X	X
Sullivan & Associates Website: Sullivan + Associates: Helping You Live The Life You Deserve	Phone: 807-768-0660 Toll Free: 888-269-0237 Fax: (807)683-7167	X	X	X
Harmony Health	Website: theharmonyhealth.ca Email: theharmonyhealth@protonmail.com	X	X	X

City of Thunder Bay

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Organization	Contact Information	Service Delivery Options		
		In-Person	Video	Phone
Ontario Structured Psychotherapy Program - St. Joseph's Care Group	Website: sjcg.net/services/mental-health_addictions/OSPP/main.aspx Application Form Link: accesspointnorthwest.ca/ApplicationSelf	X	X	X
Thunder Bay Counselling** Website: Home - Thunder Bay Counselling	Phone: (807) 684-1880 Email: community@tbaycounselling.com	X		X
First Place Clinic & Regional Resource Centre - CMHA *** Website: First Place Clinic and Regional Resource Centre - CMHA Thunder Bay	Phone : (807) 345-0060 Fax : (807) 345-0030 Email : firstplace@cmha-tb	X	X	X

** **Thunder Bay Counselling** services funded by the Province of Ontario are available for women and their children who have experienced domestic violence, individuals and families struggling with substance abuse, men who have experienced sexual abuse and/ or assault, and for youth aged 12 to 25.

*** **First Place Clinic with CMHA** services are funded for between ages 14-35 experiencing recent, very specific changes in thinking, mood and perception (i.e. early psychosis intervention program).

City of Thunder Bay

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Organization	Contact Information	Service Delivery Options		
		In-Person	Video	Phone
Kindful Psychology Website: Home Kindful Psychology	Tel: (807) 623-3607 Fax: (807) 623-5877	X	X	X
Kelly's Mental Health Website: KELLY MENTAL HEALTH - Always Getting Better	Phone: (807) 767-3888 Toll-free: 1 (833) 467-0275 Fax: (807) 346-9409	X	X	X
Elevate Therapy Website: Elevate Therapy Thunder Bay Ontario	Tel: (807) 622 4357 fax: (807) 625 5394	x	x	x
Headley & Co Mental Health Website: Headley & Co Mental Health - Home	Phone: 807-632-6862 Website: headleycotbay.ca	x	x	
Maria Drohan Counselling Website: Maria Drohan Counselling Thunder Bay	Phone: 1-807-633-4685	X	X	X
Ontario Structured Psychotherapy Program - St. Joseph's Care Group	Website: sjcg.net/services/mental-health_addictions/OSPP/main.aspx Application Form Link: accesspointnorthwest.ca/ApplicationSelf	X	X	X
Thunder Bay Counselling Website: Home - Thunder Bay Counselling	Phone: (807) 684-1880 Email: community@tbaycounselling.com	X		X
First Place Clinic & Regional Resource Centre - CMHA *** (For early psychosis intervention program) Website: First Place Clinic and Regional Resource Centre - CMHA Thunder Bay	Phone - (807)345-0060 Fax – (807)345-0030	x	x	x
Sullivan & Associates Website: Sullivan + Associates: Helping You Live The Life You Deserve	Phone: 807-768-0660 Toll Free: 888-269-0237 Fax: (807)683-7167	X	X	X

Ontario-Based Online Options for VIRTUAL SERVICES ONLY

Private Pay – Can use health benefits or pay out of pocket (NOT COVERED BY OHIP).

Organization	Contact Information	Service Delivery Options
Deep Sea Psychology	Phone: 289-622-6727 Website: deepseapsychology.com	Virtual Only
Psychotherapy Collective	Phone: 437-922-8811 Website: psychotherapycollective.ca	Virtual Only
Well Beings Counselling	Phone: 647-424-3467 Website: https://wellbeingscounselling.ca	Virtual Only
Hope for Families Counselling Centre ** Fee for service BUT will accommodate patients with low income/no benefits with free or low cost care ** Can provide fast track to PSYCHIATRY services.	Phone: 519-513-9216 Website: https://www.hopeforfamilies.net	Virtual Only

Publicly Funded – No fee to client but may have certain criteria to be covered and longer wait times.

No solely virtually publicly funded counselling available at this time. See Ontario Structured Psychotherapy Program - St. Joseph's Care Group information on page 3.

Ontario-Based Online Options for VIRTUAL SERVICES ONLY

First Nation Non-Insured Health Benefits (NIHB) - Accessible to people with First Nation status. Organization will bill direct to NIHB.

Organization	Contact Information	Service Delivery Options
Noojimo Health - Geared to Indigenous People	Phone: 1.833.277.5678 Website: noojimohealth.ca	Virtual Only
Deep Sea Psychology - Has an Indigenous Mental Health service option	Phone: 289-622-6727 Website: deepseapsychology.com	Virtual Only
Hope for Families Counselling Centre ** Can provide fast track to PSYCHIATRY services.	Phone: 519-513-9216 Website: https://www.hopeforfamilies.net	Virtual Only