

Care Closer to Home

**NEED SOMEONE TO TALK TO?
YOU DON'T HAVE TO FIGURE IT OUT ALONE.**

Confidential counselling services are available at the
Dr. A. A. Wilkinson Memorial Health Centre

Common reasons people reach out include:

- Feeling overwhelmed or burnt out
- Anxiety or low mood
- Grief and loss
- Relationship or family stress
- Recovery or substance use support
- Life transitions or feeling stuck
- Wanting a safe space to talk



In-person support available **every Wednesday** starting June 10, 2026!

To schedule an appointment or for more information, contact:
1-709-945-6513



**NL Health
Services**



NLHealthServices.ca