

# what's up walk<sup>in</sup><sup>®</sup>

## Need to talk?

### Free Virtual and In-Person Mental Health Counselling

Immediate mental health counselling for children, youth, young adults and their families, and families with infants is available at the What's Up Walk-In<sup>®</sup> Clinic.

## No issue is too small or too big. We can help.

### If you're a young person, we are available to provide a session if you're:

- feeling sad, worried or angry
- having fights with your parents
- being bullied
- or if there's anything else on your mind.

### Serving the Diverse Needs of Our Community

We are committed to serving the diverse needs of our community, including providing services in a variety of languages on specific nights. 2SLGBTQIA+ and Black therapists are available to meet the specific needs of these communities.

What's Up Walk-In<sup>®</sup> is proudly supported by:



What's Up Walk-In<sup>®</sup> Partner agencies:



**SERVICES AVAILABLE  
6 DAYS A WEEK!  
MONDAY – SATURDAY**

*\*Hours and days of operation vary by location.*

Visit [whatsupwalkin.ca](https://whatsupwalkin.ca)  
for up-to-date information on

- In person session locations
- How to be connected to a counsellor for a virtual session
- Specific hours and days of operation for What's Up Walk-In Clinics



[whatsupwalkin.ca](https://whatsupwalkin.ca)