

what's up walkⁱⁿ

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[®] 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.

What's Up Walk-In[®] is proudly supported by:



What's Up Walk-In[®] Partner agencies:



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

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

Visit 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