COVID-19 has been hard on everyone. Need someone to talk to? Our Walk-In Counselling Clinic is open each Tuesday and Thursday

Virtual and in-person counselling sessions available, no appointment required

NHH’s Community Mental Health Services team, and their partners at Rebound Child & Youth Services, recognize that COVID-19 has been hard on everyone. Using a hybrid model of care that mixes virtual visits and face-to-face options, they want to remind every family in Northumberland that walk-in counselling is open and available for children, youth and adults (aged 7 and up) on Tuesdays and Thursdays at NHH’s Community Mental Health Services, office located at 1011 Elgin Street West, Suite 200, Cobourg.

Clients of the walk-in connect briefly (typically by phone) with a case manager to identify goals for the walk in session, and attend a same-day therapy session virtually or (as circumstances require) in person. Should the walk-in demand exceed the NHH and Rebound teams’ capacity on a given day, clients will be asked to return on the next Tuesday or Thursday. As always, there is no limit to the number of times an individual may access the walk-in service.

If you have access to a phone, call 905-377-7784 on Tuesdays from 8 am – 4 pm and Thursdays from 10 am – 6 pm to receive support from the Walk-In Counselling team. You’ll be asked for your first and last name, phone number (if you have one), and date of birth. Your call will be ended by walk-in staff by the end of the business day.

Clients who do not have access to a phone, or prefer to connect directly, are welcome to stop by our office, 1011 Elgin Street West, Suite 200, Cobourg, on Tuesdays and Thursdays in the times noted above.

Outside of these hours, individuals in crisis are reminded of the following resources:
- call Four County Crisis at 1-705-745-6484 or 1-866-995-9933.
- reach out to the Community and Social Services Help Line by dialing 211, or
- go to the closest Emergency Department.

For more on Community Mental Health Services available from NHH, please see nhh.ca.

COVID-19 vaccination – Don’t delay

With the Delta variant circulating in our province and community, it is extremely important that all eligible residents get two doses of COVID-19 vaccine as quickly as possible. Vaccination is our best defense against COVID-19 and its variants.

Vaccines are widely available from many sources, including mass vaccination clinics, primary care providers, pharmacies and mobile clinics.

Provincial booking system

Booking may be done online through the provincial COVID-19 booking system at https://covid-19.ontario.ca/covid-19-vaccines-ontario or by phone at 1-866-989-6448. Note: as of August 3, the Haliburton, Kawartha, Pine Ridge District Health Unit is canceling all second dose appointments from the provincial booking system made in August. September, October and November at its COVID-19 vaccination clinic sites in Minden, Cobourg, Fenelon Falls and Campbellford, and encouraging earlier walk-in appointments to these sites instead. For a listing of local walk-in vaccination options operated by the Health Unit please see their website hkpr.on.ca. Follow HKPRHJU’s social feeds for the latest news.

Pharmacies

Eligible Ontarians can also register to receive a COVID-19 vaccine at a participating pharmacy. Some pharmacies are accepting walk-ins, others require an appointment. Hours of availability vary by pharmacy. For a current list of all participating pharmacies, visit https://covid-19.ontario.ca/covid-19-vaccines-ontario.

Primary care providers

Some primary care teams and/or providers are offering vaccination clinics as well. Reach out to your primary care provider directly for information, or monitor their website and social media feeds for updates.

Local Mobile/Pop-Up Vaccine clinic options

NHH is proud to be part of the Ontario Health Team of Northumberland which has and will continue to, if needed, to bring Mobile Pop-Up Vaccine opportunities to locations across our region on a walk-in, no appointment required basis. For the latest information on local mobile clinic options, please see the News and Notices section of the OHT-N website, www.ohtnorthumberland.ca, and follow the OHT-N social media feeds on Twitter and Facebook. Updates are shared as new clinics are confirmed.

NHH bids a fond farewell to outgoing President and CEO, Linda Davis

As previously announced, Linda Davis will retire from her post at NHH at the end of July after more than seven years of distinguished service at NHH and over four decades of service within health care systems across Canada. From all of us at NHH, best wishes on your retirement, Linda. Thank you for all you have done for NHH and the community we serve!

For information on NHH’s incoming President and CEO, Susan Walsh, please see nhh.ca.