



LANARK, LEEDS AND GRENVILLE

ADDICTIONS AND MENTAL HEALTH

THE RIGHT CARE • THE RIGHT TIME • THE RIGHT PLACE

OUR DOOR IS ALWAYS OPEN

If you are 16 or older ...

- Call us and **speak to a counsellor** to talk about what is going on and how you are feeling
- We can find the right **programs** for you
- **Options** include 1:1 counselling, mobile chats or group support
- Talk to us about addictions counselling and treatment, support with hoarding, psychiatric assessments and consultation, recreational opportunities, and more



(613) 342-2262

Toll-free 1-866-499-8445

www.llgamh.ca

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