



Mental Health & Addictions Services  
5 Coish Place  
Clarenville, NL  
A5A 0C3  
T: 709-466-5700  
F: 709-466-5718

January 30, 2024

RE: Doorways Counselling Services, Mental Health and Addictions Services

Dear Parent/Guardian:

*Doorways Counselling Services* is a program of NL Health Services Mental Health and Addictions Services that provides rapid access to counselling services “one session at a time” and is offered throughout schools in this region. Persons interested in receiving mental health and addictions services can now access support without an appointment or a referral and without a wait time.

The intention of *Doorways* is to reduce barriers to accessing Mental Health and Addictions Services, and the needs of youth have been highlighted. **We are pleased to offer an outreach counselling service in Tricentia Academy.** This service intends to provide students with exactly what they would receive during a clinic appointment, which is one-on-one counselling session with a professional. **Doorways services at the school will be provided by Holly Hackett, Mental Health and Addictions counsellor, on a monthly basis starting January 2024.** Doorways sessions will take place from 9:00 a.m. until 3:00 p.m. Students are encouraged to consult with the guidance counsellor or another staff member to express interest in attending the clinic.

We look forward to working with the students and staff of your school to provide effective and accessible Mental Health and Addictions Services within the school environment. The Doorways counselling services continue to be available for members of the community, or those students who do not wish to be seen at school.

If interested in scheduling a Doorways appointment in the community, please call **(709) 466-5700** on the day that you are wanting a session.

**\*\*\*Clinicians attending the school will access if your student is able to consent to their own counselling. If you wish for your child to NOT participate in this program, please do not hesitate to contact me at (709) 466-5711 or connect with the school personnel.\*\*\***

**Holly Hackett, Mental Health and Addictions counsellor, will be at Tricentia Academy on the following days;**

**February 14, 2024**

**March 13, 2024**

**April 10, 2024**

**May 8, 2024**

**June 5, 2024**

Sincerely,

Holly Hackett M.S.W, R.S.W

Clinical Team Lead

Mental Health and Addictions Services – Clarenville and Bonavista

(709) 466-5711