



Updated March 30, 2020

The Matawa Health Co-operative is providing COVID-19 Mental Wellness assistance through telephone support:

Mental Wellness Phone Counselling

Mondays & Saturdays - 10:00am-6:00pm

(807) 252-5392

Wednesdays 8:30am – 4:30pm

(807) 630-2526

Tuesday & Thursday Evenings

6:00pm – 9:00pm

(807) 631-0831

Fridays 10:00am – 6:00pm

(807) 632-5058