

Dig a Little Deeper, Psychotherapy & Counselling - Sarnia

Mental Health Clinic In Sarnia



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Mental Health Clinic In Sarnia

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Dig a Little Deeper: A Women-Owned Mental Health Clinic in Sarnia, Ontario

Located in the heart of Sarnia, **Dig a Little Deeper** is a unique mental health clinic that identifies as women-owned, providing a welcoming space for individuals seeking psychotherapy and counselling services. This clinic is committed to offering a supportive environment for all, making it an ideal choice for those in need of mental health support.

Service Options Available

At **Dig a Little Deeper**, a variety of service options are available to cater to different mental health needs. From individual therapy sessions to group counselling, the clinic aims to address the diverse challenges faced by the community. Each service is designed to promote healing and personal growth.

Appointment Required for On-Site Services

To ensure personalized attention and care, **appointments are required** for all on-site services. It is recommended to book your appointment in advance, as this allows the clinic to better serve the crowd and ensure that each client receives the time and space they deserve.

Accessibility Features

Understanding the importance of accessibility, **Dig a Little Deeper** offers several amenities to facilitate visits for all individuals:

Wheelchair-accessible toilet: Aimed at providing comfort and convenience for clients with mobility challenges. **Wheelchair-accessible car park:** Parking facilities are designed to accommodate those using wheelchairs or other mobility aids, ensuring easy access to the clinic. **Transgender safe space:** The clinic prides itself on being LGBTQ+ friendly, creating a safe and inclusive environment for transgender individuals and members of the LGBTQ+ community.

Planning Your Visit

If you're considering reaching out for mental health support, planning a visit to **Dig a Little Deeper** can be an essential step toward healing. With a focus on creating a comfortable atmosphere and providing individualized care, this clinic stands out as a valuable resource for anyone seeking mental health services in Sarnia, Ontario.

For individuals seeking a compassionate and professional approach to mental health, **Dig a Little Deeper** is an excellent choice. With their commitment to inclusivity and comprehensive service options, they are well-equipped to support individuals from all walks of life.

You can find us in

546 Christina St N Unit 604, N7T 5W6 Sarnia, Ontario - Canada (CA)

The phone number of the mentioned **Mental health clinic** is +1905-584-8963

And if you want to send a WhatsApp, you can do so at [+1905-584-8963](https://wa.me/19055848963)

Our public attention hours are:

Day Hours
Monday
9?AM–3?PM
Tuesday
Closed
Wednesday
Closed
Thursday
9?AM–7?PM
Friday
9?AM–7?PM
Saturday
9?AM–7?PM
Sunday
9?AM–7?PM

The website is [Dig a Little Deeper, Psychotherapy & Counselling](#)

In case you want to change any information that you think is not correct related to this page, we ask send us a message so that we will handle it at the earliest convenience. In advance thank you very much.

Images



Dig a little deeper psychotherapy counselling sarnia

Tags

Crowd, Appointment required, Transgender safe space, LGBTQ+ friendly, Accessibility, Appointments recommended, Identifies as women-owned, From the business, Wheelchair-accessible toilet, Wheelchair-accessible car park, Toilet, Service options, Amenities, On-site services, Planning

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