

2023

SOUTH GEORGIAN BAY AREA

For the most up to date guide, visit handouts.ca

KNOW.
and **BE STILL.**

YOUTH MENTAL HEALTH RESOURCE GUIDE










Rural Ontario
Medical Program











The Mental Health Resources for Youth in South Georgian Bay area was established through the Henry J and Marilyn Knowles Family of Collingwood, ON.











START HERE

Experiencing a mental health emergency or crisis? Please call 911 or visit the emergency department of your nearest hospital
For non-urgent mental health related care, please contact your family doctor









CRISIS / HELPLINES










-  **ATHENA'S SEXUAL ASSAULT LINE**
Toll-Free: 1-800-987-0799 | Book an appointment: 705-7372884
-   **ASSAULTED WOMEN'S HELPLINE**
Tel: 1-866-863-7868 | For locating nearest shelter: www.sheltersafe.ca
-  **BULLYINGCANADA HELPLINE**
Call or Text: (877) 352-4497
-  **GOOD2TALK**
Free support to post-secondary students | Tel: 1-866-925-5454 or text **GOOD2TALKON to 686868**
-   **FEM'AIDE**
Tel: 1-877-336-2433 | TTY: 1-866-860-7082
Support for Francophone women facing gender-based violence







-   **INDIGENOUS CRISIS INTERVENTION AND COUNSELLING**
Tel: 1-855-242-3310 or online chat function
-   **KIDS HELP PHONE/ TEXT LINE**
Tel: 1-800-668-6868 or text CONNECT to 686868
-   **MALE SURVIVORS CRISIS LINE**
Tel: 1-866-887-0015
-   **MY FRIEND'S HOUSE**
Support for women /children who have experienced abuse | Tel: 705-444-2511 | Toll-Free: 1-800-265-2511
-  **PEER SUPPORT WARM LINE**
Tel: 1-888-768-2488
-  **SIMCOE CRISIS LINE FOR ALL AGES**
1-888-893-8333

-   **SMOKER'S HELPLINE**
Tel: 1-877-513-5333 or text iQuit to 123456
-  **S.U.C.C.E.S HELPLINE**
Mandarin, Cantonese, Korean, Farsi-Dari helplines. Available 10am to 10 pm 7 days a week. 1-888-721-0596
-   **TALKSUICIDE**
Canada Suicide Prevention Service | Tel: 1-833-456-4566 or text 45654 (4pm -midnight)
-  **TELECARE DISTRESS LINE**
Tel: 705-325-9534 or 705-726-7922
-   **THE CANADIAN HUMAN TRAFFICKING HOTLINE**
1-833-900-1010
-   **MENTAL HEALTH RESPONSE UNIT**
Collingwood OPP Detachment and Collingwood General and Marine (non-emergency number): 1-888-310-1122

NON-URGENT/DIRECT CARE

- CONTACT YOUR FAMILY DOCTOR or**
The Georgian Bay Family Health Team: 705-444-5885
-  **BARTIMAEUS**
Youth experiencing mental health challenges | 705-431-2999
-  **CATHOLIC FAMILY SERVICES OF SIMCOE COUNTY** Tel: 1-888-726-2503.
-   **211 ONTARIO**
CALL 211 OR 1-877-330-3213.
-   **CONNEX ONTARIO**
Tel: 1-866-531-2600
-  **FARMER WELLNESS INITIATIVE**
Tel: 1-866-267-6255
-  **ALATEEN MEETINGS FOR ADDICTIONS SUPPORT**
Virtual via Al-Anon Groups Mobile App or meetings in Collingwood (100 Pretty River Parkway)


-   **NSM HEALTHLINE**
1-888-721-2222
-  **NATIONAL EATING DISORDERS INFORMATION**
Tel: 1-866-633-4220
- CGMH OUTPATIENT MENTAL HEALTH SERVICES**
Tel: 705-444-6600 or 705-445-25550 ext. 72227
- CMHA YOUTH ADDICTION COUNSELLING**
Tel: 705-444-2558
-   **COLIBRI COUNSELLING**
Support for Francophone women/children
Tel: 705-797-2060
-   **SIMCOE COUNTY EATING DISORDER SERVICE**
Tel: 705-728-9090 ext 57318
-  **KINARK CHILD AND FAMILY SERVICES**
Tel: 1-888-454-6275
-  **NEWCOMER'S HEALTH & WELLNESS PROGRAM**
Tel: 905-841-3977 | nhwbreferral@cmhayr.on.ca

- NEW PATH FAMILY AND YOUTH SERVICES**
705-445-4181
-  **RVH CHILD & YOUTH MENTAL HEALTH PROGRAM** Tel: 705-444-6600
-  **SEXUAL HEALTH COUNSELLING, EDUCATION & CLINIC**
Tel: 1-877-721-7520
-  **SOUTH GEORGIAN BAY COMMUNITY HEALTH CENTRE**
Tel: 705-422-1888
-  **WAYPOINT CENTRE FOR MENTAL HEALTH CARE**
Tel: 705-728-9090 ext 57318
-   **YOUTH HAVEN**
Supporting youth in Simcoe County | Tel: 705-549-3181 ext.2484 or toll-free: 1-877-341-4729 ext. 2484

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Legend Key:

 24/7 Availability

 Available in other languages

 Virtual

 Requires referral

 Service fee

 Housing/shelter



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ONLINE RESOURCES AND SUPPORT

- ABILITICBT**
Free CBT to residents of Ontario | www.myicbt.com
- BOUNCEBACKONTARIO**
Canadian Mental Health Association. Free guided self-help program | www.bouncebackontario.com
- CALM APP**
Designed to help with sleep, meditation and relaxation. Helps lead you to mindfulness with guided meditations, peaceful sounds, music etc. Found on Apple Store or Google Play Store.
- CMHA MENTAL HEALTH INFO**
Simcoe County branch of CMHA provides full care system for those with addictions and mental health issues | www.cmhastarttalking.ca

- EMENTALHEALTH.CA**
Website to explore mental health resources in your area.
- GUIDED MIND APP**
Guided meditations. Found on the Apple Store or Google Play Store.
- JACK.ORG**
Online hub of resources pertaining to youth mental health.
- MINDSHIFT APP**
Uses scientifically-proven strategies based on Cognitive Behavioural Therapy to help users learn to relax, be mindful, develop more effective ways of thinking, and using active steps to take charge of anxiety. Found on Apple Store or Google Play Store.

- MIND YOUR MIND**
Online mental health resources | www.mindyourmind.ca
- MINDBEACON**
Digital Mental Health support. Free CBT online sessions for residents of Ontario. Other supports available | www.mindbeacon.com
- TEENMENTALHEALTH.ORG**
Website contains mental health literacy information, research, education, videos, animations, brochures, e-books, face-to-face training programs, and more.
- YMCA Y MIND**
Mental wellness program delivered online
Tel: 705-718-0097 | y mind@sm.ymca.ca

COMMUNITY SERVICES

- CATULPA**
Case management and advocacy services to people with a developmental disability | www.catulpa.on.ca
- BREAKING DOWN BARRIERS COLLINGWOOD**
Tel: 705-445-1543
- CLEARVIEW YOUTH CENTRE**
Tel: 705-428-5500 | youthcentre@clearview.ca
- COLLINGWOOD YOUTH CENTRE**
Tel: 705-444-0332
- EATING DISORDERS ANONYMOUS**
Online meetings for eating disorder recovery | www.eatingdisordersanonymous.org
- HOME HORIZON TRANSITIONAL SUPPORT PROGRAM** Tel: 705-445-5478
- HOSPICE SIMCOE CHILDREN & TEEN BEREAVEMENT** Tel: 705-725-1140

- KERRY'S PLACE**
Supports to persons with Autism Spectrum Disorder | 1-833-775-3779
- KRASMAN CENTRE**
For people with substance use and housing challenged, and their family/friends | 705-435-0054
- NORTH SIMCOE YOUTH WELLNESS HUB**
Tel: 705-427-5639
- THE BUSBY CENTRE- SOUTH GEORGIAN BAY**
Tel: 705-828-3795
- RAINBOWS FOR ALL CHILDREN**
Support program for grief related to divorce, death, & family loss | 705-446-2178 | kapotts@hotmail.com
- SALVATION ARMY FOOD BANK**
Tel: 705-445-9222

- SOCIETY OF ST VINCENT DE PAUL**
Food bank avail. Tues/Thurs | 705-444-0999
- SOUTH GEORGIAN BAY HOUSING RESOURCE CENTRE** Tel: 705-739-0485
- THE GUESTHOUSE**
Emergency shelter Tel: 705-527-4111 ext 3
- TRACKS EMPLOYMENT CENTRE**
Tel: 705-444-1580
- WASAGA BEACH MINISTERIAL FOOD BANK**
705-429-6464 | admin@wbfoodbank.ca
- WASAGA BEACH YOUTH CENTRE**
Tel: 705-422-2494
- WOMEN & CHILDREN'S SHELTER OF BARRIE**
Tel: 705-728-2544

CULTURALLY-SPECIFIC CARE

- NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE**
Tel: 1-866-925-4419
- ASIAN MENTAL HEALTH COLLECTIVE**
www.asianmhc.org
- BLACK YOUTH HELPLINE**
Tel: 1-833-294-8650
- CHIGAMIK COMMUNITY HEALTH CENTRE**
Tel: 705-527-4154 | 1-855-527-4154
- ENAAHTIG HEALING LODGE**
Tel: 705-534-3724 | admin@enaahutig.ca

- FINDING POWER TOGETHER**
Mental Health programming for Indigenous Youth | www.findingourpowertogether.com
- GEORGIAN BAY NATIVE FRIENDSHIP CENTRE**
705-526-5589 | gbnfc@gbnfc.com
- M'WIKWEDONG INDIGENOUS FRIENDSHIP CENTRE**
519-371-1147 | admin@mwikwedong.com

- TALK4HEALING**
Support for Indigenous women and their families
1-855-554-4325
- TALK TOBACCO**
Confidential program offering culturally-appropriate support for quitting smoking to indigenous communities | 1-833-998-8255
- 2 SPIRITS IN MOTION SOCIETY**
www.2spiritsinmotion.com | instagram: 2spiritsmotion

LGBTQ2S+ SERVICES

- GILBERT CENTRE**
Services moved online: www.gilbertcentre.ca/Online | 705-722-6778 | info@gilbertcentre.ca
- LGBTQ YOUTH LINE**
Provides resources, information and support for LGBTQ2S+ youth | Tel: 1-800-268-9688 | Text: 647-694-4275 | www.youthline.ca

- NORTH SIMCOE MUSKOKA TRANS HEALTH SERVICES**
Services include hormone therapy, surgery planning visits, TelHealth promotion, illness/disease prevention, social transition support, mental health services and more | 705-329-3649 ext 214
- RAINBOW HEALTH ONTARIO**
Resource directory and education | www.rainbowhealthontario.ca

- SEXFLUENT**
Resource for youth about sexuality, mental health and safe sex. | www.sexfluent.ca
- TRANS LIFELINE**
877-330-6366