

Non-emergent resources

WALK IN COUNSELLING CLINICS

NEWPATH Child and Youth Mental Health
(0-18) for dates and locations go to www.newpath.ca

NSM Counseling Walk Counseling 12 & up at all sites. Service for under 12 available in Collingwood.
For times and locations go to www.nsmwalkincounselling.ca

All About Youth 12-24 Barrie & Orillia
www.johnhoward.on.ca/muskoka

*see attached for further details

MENTAL HEALTH AND ADDICTION NURSES in SCHOOLS

Provides support for up to 90 days to transition students from inpatient back to school and community services.

If the youth is a student of:

Simcoe Muskoka Catholic District School Board: contact NSM LHIN at 1.888.721.2222

Simcoe County District School Board: contact Central LHIN at 1.888.222.0876

Conseil scolaire Viamonde & Conseil scolaire catholique Mon Avenir: contact Toronto Central LHIN at 1.416.506.9888

SUBSTANCE USE

CMHA Simcoe: for youth 12-24 who have concerns with their substance use. Counselling is offered with a Harm Reduction approach; meaning respecting choices and promoting safer use and options that help minimize the risks from drug use. Support is also offered to those who are impacted by someone else's use. Call: 1.800.461.4319

For Indigenous Services contact your Friendship Centre, Health Centre or Enaahdig Community Mental Health. Call: 1.705.330.4059

EATING DISORDERS

Royal Victoria Hospital: Provides outpatient community based service for children and adolescents (up to age 18) with eating disorders and their families. Call: 1.705.728.9090 X47125

Collingwood RVH satellite. Call: 1.705.444.8601

Orillia Soldiers Memorial Hospital: Regional outpatient program for assessment, treatment and education of: Self-esteem; Symptom reduction; Nutritional education; Stress management; Body image; Communication; Relationship management; Medical evaluation and monitoring; Family support. Call: 705.325.2201 X3054

ANXIETY & MOOD GROUP PROGRAMS

Coping Cat (New Path): This is a cognitive-behavioural treatment for children, ages 7-12, with anxiety. The program stresses the importance of practicing the skills introduced in each session to achieve and maintain emotional well being. Call: 1.705.725.7656

Mood Management (New Path) This is a cognitive behavioural treatment for adolescents. Mood Management is a skills-building program designed to help adolescents learn to effectively manage difficult emotions such as anger, depression, anxiety, and low self-esteem. Call: 1.705.725.7656

DIFFICULT OR AGGRESSIVE BEHAVIOUR GROUP PROGRAMS

Stop Now and Plan (SNAP) (Kinark): This program highlights the importance of the middle years (6-12), self-control and red flags. It provides parents and caregivers with tips they can use to support their children and deal with problem behaviours within the home. Call: 1.888.454.6275

POSITIVE PARENTING Provided by many agencies.

Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing. Call Health Connection for more information and to find a session near you at 1.877.721.7520

SPECIALIZED MENTAL HEALTH SERVICES

Kinark (Barrie and Midland) - offers Range of children's mental health services including crisis services, individual and family counselling, office, home-based and group programs, day treatment (Section 23 classrooms), and residential treatment. Call for more information at: 1.888.454.6275

Newpath (Barrie, Orillia, Bradford, Alliston, Collingwood) – offer a wide range of children's mental health services for children and youth up to age 18 and their families. Services include Walk in Clinic, individual, family and group counselling, school based services and residential treatment. Service is accessed by attending a Walk in Clinic or by calling 1-705-725-7656. Walk in Clinics require no appointment and no referral. Walk-in Clinics are held in Alliston, Barrie, Bradford, Collingwood, Orillia and Midland (pilot project). For more information call: 1.705.725.7656 or visit www.newpath.ca

Family Connexions C&Y MH Muskoka - Provides child protection services, abuse prevention programs, family support and adoption services under the Child and Family Services Act. for more information call 1.800.680.4426

La Cle - Provides francophone mental health assessment and counselling for children and youth (and their families and caregivers) who are experiencing social, emotional and behavioural issues. Stress, anxiety and other awareness workshops are also available. Counsellors will travel to the most appropriate location to do assessments and deliver services. This could be at the child's school, home or care centre. For more information call: 1.705.549.3116 x162

CMHA Simcoe - Case management for individuals 16 - 24 who live in Barrie and are experiencing serious mental illness and need assistance with things such as finding and maintaining housing, daily living skills, exploration of income supports, and making connections with community resources; Multidisciplinary team that provides intensive service to youth and young adults who are experiencing first episode psychosis. For more information call 1.800.461.4319

Enahtig MH Outreach - A community based health centre with an aboriginal focus. Health centre providing family health care, residential and non residential programs and referrals to other regional health services. Residential Programs for families, men, women, youth, and young adults include: trauma recovery; individual, group, family and couples counseling; diabetic weight control; addictions counseling and therapy. Non-Residential Programs include youth groups. For more information call: 1.705.330.4059

OSMH Community MH - Provides assessment, treatment and consultation for children with symptoms of developmental, neurological and/or orthopedic conditions. Receive consultations for infant development workers and caregivers. Also available, short-term counselling and referrals to long-term support by social workers for families. For more information call: 1.705.325.2201 x3122

CGMH Community MH - Provides diagnostic and clinical consultation for people 16+ experiencing neurodegenerative disease. On-going pharmacological management and related case management is provided where indicated. for more information call: 1.705.445.2550

NOTE: Kinark, Newpath & Family Connexions clients can access Child Psychiatry via videoconference

[Call 2-1-1 for Information on all health and community services](#)