

2023

**KNOW.**  
and **BE STILL.**

SOUTH GEORGIAN BAY AREA

For the most up to date guide, visit [handouts.ca](https://handouts.ca)

Rural Ontario  
Medical Program

# ADULT MENTAL HEALTH RESOURCE GUIDE

## 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](http://www.sheltersafe.ca)



### FEM'AIDE

Tel: 1-877-336-2433 | TTY: 1-866-860-7082  
Support for Francophone women facing gender-based violence



### SENIOR SAFETY LINE

Elder Abuse Prevention Ontario |  
1-866-299-1011



### INDIGENOUS CRISIS INTERVENTION AND COUNSELLING

Tel: 1-855-242-3310



### MALE SURVIVORS CRISIS LINE

Tel: 1-866-887-0015



### MY FRIEND'S HOUSE

Support for women /children seeking a new life



### SIMCOE CRISIS LINE FOR ALL AGES

Tel: 705-444-2511 | Toll-Free: 1-800-265-2511  
1-888-893-8333



### SMOKER'S HELPLINE

Tel: 1-877-513-5333 or text iQuit to 123456



### TALK SUICIDE

Canada Suicide Prevention Service. Tel:  
1-833-456-4566 or text 45654 (4pm -  
midnight)



### THE CANADIAN HUMAN TRAFFICKING HOTLINE

1-833-900-1010

### Legend Key:



24/7 Availability



Available in  
other languages



Virtual



Requires referral



Service fee



Housing/shelter

## NON-URGENT/DIRECT CARE

### CONTACT YOUR FAMILY DOCTOR or

The Georgian Bay Family Health Team:  
705-444-5885 | [info@gbfht.ca](mailto:info@gbfht.ca)



### 211 ONTARIO

Information and referrals to an array of  
Ontario's programs and services.  
Call: 211 or 1-877-330-3213.



### CONNEX ONTARIO

Directs to various mental health and  
addiction services. Tel: 1-866-531-2600

### MENTAL HEALTH RESPONSE UNIT

Collingwood OPP Detachment and  
Collingwood General and Marine Hospital  
(non-emergency number): 1-888-310-1122



### NSM HEALTHLINE

Up-to-date information on health services  
available for residents of North Simcoe  
Muskoka | 1-888-721-2222



### NATIONAL EATING DISORDERS INFORMATION

Tel: 1-866-633-4220

### ALCOHOLICS ANONYMOUS

South Georgian Bay Area | 519-376-4193

Website to find nearby groups:

[www.aa.org/find-aa](http://www.aa.org/find-aa)



### O'SULLIVAN PSYCHOTHERAPY

705-996-0294 | Services limited to virtual or by  
telephone

### ORILLIA SOLDIERS' MEMORIAL HOSPITAL AFTER-BABY GROUP

Collingwood Location

Call: 705-325-2201 ext 3544

### INTEGRATED CARE AT HOSPICE GEORGIAN TRIANGLE

705-444-2555

Grief and Bereavement Management;  
Caregivers and patients of palliative care.  
One-on-one and group therapy

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## ONLINE RESOURCES AND SUPPORT

- ABILITCBT**  
Free CBT to residents of Ontario | [www.myicbt.com](http://www.myicbt.com)
- BOUNCEBACKONTARIO**  
Canadian Mental Health Association. Free guided self-help program | [www.bouncebackontario.com](http://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](http://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.
- CANCERCONNECTION**  
Canadian Cancer Society - connect to an online cancer community | [www.cancerconnection.ca](http://www.cancerconnection.ca)
- 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](http://www.mindyourmind.ca)
- MINDBEACON**  
Digital Mental Health support. Free CBT online sessions for residents of Ontario. Other supports available | [www.mindbeacon.com](http://www.mindbeacon.com)

## COMMUNITY SERVICES

- ALZHEIMER SOCIETY OF SIMCOE COUNTY**  
705-722-1066  
website: [www.alzheimer.ca/simcoecounty/en](http://www.alzheimer.ca/simcoecounty/en)
- CATULPA COMMUNITY SUPPORT SERVICES**  
Case management and advocacy services to people with a developmental disability | [www.catulpa.on.ca](http://www.catulpa.on.ca)
- COMMUNITY LEGAL CLINIC: SIMCOE, HALIBURTON, KAWARTHA LAKES**  
No in-person | Simcoe county call 705-326-6444 | Hours Mon - Fri 9am-12pm and 1-5pm

- THE BUSBY CENTRE- SOUTH GEORGIAN BAY**  
Tel: 705-606-6589
- 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
- TRACKS EMPLOYMENT CENTRE**  
Tel: 705-444-1580

- WASAGA BEACH MINISTERIAL FOOD BANK**  
705-429-6464 | [admin@wbfoodbank.ca](mailto:admin@wbfoodbank.ca)
- WOMEN & CHILDREN'S SHELTER OF BARRIE**  
Tel: 705-728-2544
- EATING DISORDERS ANONYMOUS**  
Online meetings for eating disorder recovery | [www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)
- HOME HORIZON TRANSITIONAL SUPPORT PROGRAM**  
Tel: 705-445-5478
- YOUINMIND SUPPORT GROUPS**  
12-Week program for those with anxiety and/or depression | 705-445-5892

## CULTURALLY-SPECIFIC CARE

- NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE**  
Tel: 1-866-925-4419
- ASIAN MENTAL HEALTH COLLECTIVE**  
[www.asianmhc.org](http://www.asianmhc.org)
- BLACK YOUTH HELPLINE**  
Tel: 1-833-294-8650
- CHIGAMIK COMMUNITY HEALTH CENTRE**  
Tel: 705-527-4154 | 1-855-527-4154
- ALL SAINTS' ANGLICAN CHURCH COLLINGWOOD**  
32 Elgin St. Collingwood, ON L9Y 4V2  
Tel: 705-445-3841

- GEORGIAN BAY NATIVE FRIENDSHIP CENTRE**  
705-526-5589 | [gbnfc@gbnfc.com](mailto:gbnfc@gbnfc.com)
- FIRST BAPTIST CHURCH COLLINGWOOD**  
160 Pine st. Collingwood, ON L9Y 2N9Tel: 705-445-2891 email: [fbcollingwood@gmail.com](mailto:fbcollingwood@gmail.com)
- MAMAWAY WIIDOKDAADWIN MENTAL HEALTH SERVICES**  
Counselling services available for Indigenous patients | 705-721-9544
- M'WIKWEDONG INDIGENOUS FRIENDSHIP CENTRE**  
519-371-1147 | [admin@mwikwedong.com](mailto: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
- FIRST PRESBYTERIAN CHURCH**  
200 Maple St., Collingwood, ON L9Y 2R2  
Tel: 705-445-4651  
email: [firstchurch@rogers.com](mailto:firstchurch@rogers.com)

## LGBTQ2S+ SERVICES

- GILBERT CENTRE**  
Services moved online: [www.gilbertcentre.ca/Online](http://www.gilbertcentre.ca/Online) | 705-722-6778 | [info@gilbertcentre.ca](mailto:info@gilbertcentre.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
- POSITIVE SPACE CONSULTING**  
Mental Health Counselling & 2SLGBTQIA+ Support  
519-868-8437

- RAINBOW HEALTH ONTARIO** Resource directory and education | [www.rainbowhealthontario.ca](http://www.rainbowhealthontario.ca)
- TRANS LIFELINE**  
877-330-6366

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