

2024

KNOW.
and **BE STILL.**

SOUTH GEORGIAN BAY AREA YOUTH MENTAL HEALTH RESOURCE GUIDE

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





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? Contact: URGENT → 📞 911 | NON-URGENT → 📞 Your Family Doctor

CRISIS / HELPLINES



  **ASSAULTED WOMEN'S HELPLINE**
Tel: 1-866-863-0511 | TTY: 1-866-863-7868 | For locating nearest shelter: www.sheltersafe.ca







 **ATHENA'S SEXUAL ASSAULT LINE**
Toll-free: 1-800-987-0799 | Book an appointment: 705-737-2884

 **BULLYINGCANADA HELPLINE**
Call or text: 877-352-4497

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


  **GOOD2TALK**
Free support to post-secondary students | Tel: 1-866-925-5454 or text GOOD2TALKON to 686868



  **HOPE FOR WELLNESS HELPLINE**
Support for all Indigenous people across Canada | Tel: 1-855-242-3310 or online chat function

  **KIDS HELP PHONE/ TEXT LINES**
Tel: 1-800-668-6868 | Text CONNECT (general), FIRST NATIONS, INUIT, or METIS (Indigenous youth), RISE (black youth) to 686868

  **MALE SURVIVORS CRISIS LINE**
Tel: 1-866-887-0015

 **SIMCOE CRISIS LINE FOR ALL AGES**
Tel: 1-888-893-8333

  **SMOKERS' HELPLINE**
Tel: 1-877-513-5333 or text iQuit to 123456

  **SUICIDE CRISIS HELPLINE**
Call or text: 988

 **TELECARE DISTRESS LINE OF GREATER SIMCOE**
Tel: 705-325-9534 or 705-726-7922



  **THE CANADIAN HUMAN TRAFFICKING HOTLINE**
Tel: 1-833-900-1010


YOUTHSPACE.CA
Online crisis & emotional support chat service | Available 6pm - midnight | Text 778-783-0177 or chat online at youthspace.ca


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

  **211 ONTARIO**
Connects individuals to social services and community supports | Call or text: 211



 **ALATEEN MEETINGS FOR ADDICTIONS SUPPORT**
Provides support for youth affected by someone else's addiction | Virtual/phone meetings via Al-Anon Groups Mobile App or meetings in Borden, ON

 **BARTIMAEUS**
Services for youth and their families experiencing mental health challenges | Tel: 705-431-2999

 **CGMH OUTPATIENT MENTAL HEALTH SERVICES**
Tel: 705-444-6600 or 705-445-2550 ext. 7227

CMHA YOUTH ADDICTION SERVICES
Tel: 705-444-2558


  **COLIBRI COUNSELLING**
Support for Francophone women/children | Tel: 705-797-2060

  **CONNEX ONTARIO**
Free 24/7 access to healthcare services information | Tel: 1-866-531-2600

 **FARMER WELLNESS INITIATIVE**
Tel: 1-866-267-6255


 **KINARK CHILD AND FAMILY SERVICES**
Tel: 1-888-454-6275



NATIONAL EATING DISORDERS INFORMATION
Tel: 1-866-633-4220



 **NEWCOMER'S HEALTH & WELLNESS PROGRAM**
Support for ages 12 & up | Tel: 905-841-3977

NEW PATH FAMILY AND YOUTH SERVICES
New Path's Quick Access Counselling Clinic for Children and Youth | Tel: 705-725-7656

  **NSM HEALTHLINE**
Tel: 1-888-721-2222


 **SIMCOE COUNTY EATING DISORDER SERVICE**
Tel: 705-728-9090 ext 47230

  **ONE STOP TALK**
One-time virtual counselling connecting youth with appropriate ongoing services | Tel: 1-855-416-8255 or chat online at onestoptalk.ca

  **SICKKIDS TELELINK MENTAL HEALTH**
For rural/remote/underserved areas | Simcoe County provider is HANDS Child and Youth Mental Health - The Family Help Network | Tel: 705-476-2293

 **SOUTH GEORGIAN BAY COMMUNITY HEALTH CENTRE**
Tel: 705-422-1888

 **WAYPOINT CENTRE FOR MENTAL HEALTH CARE**
Tel: 705-549-3181 | Toll-free: 1-877-341-4729

  **YOUTH HAVEN**
Emergency shelter for youth experiencing homelessness | Tel: 705-739-7616

Legend Key:

 24/7 Availability

 Available in other languages

 Virtual

 Requires referral

 Service fee

 Housing/shelter

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



ONLINE RESOURCES AND SUPPORT

- BOUNCEBACKONTARIO**
Canadian Mental Health Association | Free guided self-help program | www.bouncebackontario.ca
- 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.cmhastartalking.ca
- MYGRIEF.CA**
Online module-based resource to help people move through their grief | www.mygrief.ca

COMMUNITY SERVICES

- 1DOOR**
Helps find and connects individuals to free counselling and support services in Simcoe-Muskoka | www.1door.ca
- BREAKING DOWN BARRIERS COLLINGWOOD**
Offers independent living skills programs, peer support activities, services, and resources | Tel: 705-445-1656 ext. 301
- CATULPA**
Case management, advocacy services, and crisis response services to people with a developmental disability | Tel: 705-733-3227
- CLEARVIEW YOUTH CENTRE**
Tel: 705-428-5500 or 705-446-6209
- COLLINGWOOD YOUTH CENTRE**
Tel: 705-444-0332
- HOME HORIZON TRANSITIONAL SUPPORT PROGRAM**
Tel: 705-445-5478 | contact@homehorizon.ca

CULTURALLY-SPECIFIC CARE

- 2 SPIRITS IN MOTION SOCIETY**
Aims to create an affirming environment for Indigenous 2SLGBTQ+ community | www.2spiritsinmotion.com
- ASIAN MENTAL HEALTH COLLECTIVE**
www.asianmhc.org
- BLACK YOUTH HELPLINE**
Tel: 1-833-294-8650 | blackyouth.ca
- CATHOLIC FAMILY SERVICES OF SIMCOE COUNTY**
Counselling and therapy services | Tel: 1-888-726-2503
- CHIGAMIK COMMUNITY HEALTH CENTRE**
Tel: 705-527-4154
- ENAAHTIG HEALING LODGE**
Tel: 705-534-3724 | admin@enahtig.ca

2SLGBTQ+ SERVICES

- GILBERT CENTRE**
Tel: 705-722-6778 | www.gilbertcentre.ca
- LGBTQ YOUTH LINE**
Provides resources, information and support for 2SLGBTQ+ youth | Text: 647-694-4275 | www.youthline.ca
- NORTH SIMCOE MUSKOKA TRANS HEALTH SERVICES**
Services include hormone therapy, surgery planning, health promotion, illness/disease prevention, social transition support, mental health services, and more | Tel: 705-329-3649 ext. 207 or ext. 214

- GUIDED MIND APP**
Guided meditations. Found on the Apple Store or Google Play Store.
- MINDBEACON**
Digital mental health support. Free CBT online sessions for residents of Ontario. Other supports available | www.mindbeacon.com
- MINDSHIFT APP**
Uses strategies based on CBT to help users learn to relax, be mindful, develop more effective ways of thinking, and use 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
- MENTALHEALTHLITERACY.ORG**
Website contains mental health literacy information, resources, and more.

- HOSPICE SIMCOE CHILDREN & TEEN BEREAVEMENT**
Tel: 705-725-1140
- KRASMAN CENTRE**
For individuals with substance use, mental health, and housing challenges, and their family/friends | Tel: 1-888-777-0979
- NORTH SIMCOE YOUTH WELLNESS HUB**
Available to youth in Midland-Penetang, Tiny, Tay, and the areas in between | Tel: 705-427-5639 | nsywh@waypointcentre.ca
- RAINBOWS FOR ALL CHILDREN**
Support program for grief related to divorce, death, & family loss | Tel: 705-726-7407
- SALVATION ARMY FOOD BANK**
Tel: 705-445-9222
- SOCIETY OF ST VINCENT DE PAUL**
Food bank avail. Tues/Thurs | Tel: 705-444-0999

- FINDING POWER TOGETHER**
Mental Health programming for Indigenous Youth | Tel: 416-536-3676 | www.findingourpowertogether.com
- GEORGIAN BAY NATIVE FRIENDSHIP CENTRE**
Tel: 705-526-5589 | gbnfc@gbnfc.com
- MAMAWAY WIIDOKDAADWIN MENTAL HEALTH SERVICES**
Counselling and community programs available for Indigenous patients | Tel: 705-721-9544
- LA CLÉ**
French-speaking service supporting youth experiencing mild/moderate mental health issues through individual or group counselling | Tel: 705-549-3116 ext. 7162
- NASEEHA - MUSLIM FOCUSED MENTAL HEALTH HELPLINE**
Tel: 1-866-627-3342

- PFLAG CANADA**
Peer support, education, and advocacy services for 2SLGBTQ+ community and their loved ones | Email collingwoodon@pflagcanada.ca | pflagcanada.ca
- POSITIVE SPACE CONSULTING**
Mental health counselling & 2SLGBTQIA+ support | Tel: 519-868-8437 or send a message online at positivespaceconsulting.ca

- EMENTALHEALTH.CA**
Website to explore mental health resource in your area.
- NOTOK APP**
Digital "panic button" to notify trusted contacts when you need support. Found on Apple Store or Google Play Store.
- TALKSPACE APP**
Online paid subscription-based therapy platform. Found on Apple Store or Google Play Store.
- TELUS HEALTH CBT**
Free, online Cognitive Behavioural Therapy | www.myicbt.com
- YMCA Y MIND**
Mental wellness program delivered online | Tel: 705-718-0097 | ymcaofsimcoemuskoka.ca/y-mind-youth

- SOUTH GEORGIAN BAY HOUSING RESOURCE CENTRE**
Tel: 705-445-0643 | info@housinginfo.ca
- THE BUSBY CENTRE - SOUTH GEORGIAN BAY**
Improve conditions for individuals experiencing homelessness or are at-risk | Tel: 705-828-3795
- TRACKS EMPLOYMENT CENTRE**
Tel: 705-444-1580 | tracks@tracks.on.ca
- WASAGA BEACH MINISTERIAL FOOD BANK**
Food bank avail. Tues/Thurs | Tel: 705-429-6464
- WASAGA BEACH YOUTH CENTRE**
Tel: 705-422-2494
- WOMEN & CHILDREN'S SHELTER OF BARRIE**
Crisis line: 705-727-2544 | Toll-free 1-800-461-1716

- NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE**
Tel: 1-866-925-4419
- NATIVE YOUTH CRISIS HOTLINE**
Tel: 1-877-209-1266
- TALK4HEALING**
Support for Indigenous women and their families | Tel: 1-855-554-4325
- TALK TOBACCO**
Culturally-appropriate support for quitting smoking for indigenous individuals | Tel: 1-833-998-8255 or text CHANGE to 123456
- TRANS LIFELINE**
Tel: 1-877-330-6366
- RAINBOW HEALTH ONTARIO**
Resource directory and education | Email: info@rainbowhealthontario.ca | www.rainbowhealthontario.ca
- SEXFLUENT**
Resource for youth about sexuality, mental health and safe sex | www.sexfluent.ca

Legend Key:

- 24/7 Availability
- Available in other languages
- Virtual
- Requires referral
- Service fee
- Housing/shelter