

CRISIS AND HELP LINES



24 Hour Mental Health Crisis Line
1.888.893.8333 or 705.728.5044

Bro Talk
1.866.393.5933

Canadian Mental Health Association
1.800.461.4319
or Collingwood 705.444.2558

Simcoe Muskoka Family Connexions
705.444.9160

Drug and Alcohol Help Line
800.565.8603

Fem'aide
1.877.FEMAIDE (336.2433)

Kids Help Phone
1.800.668.6868

Kinark Crisis Line
1.800.742.1890

LGBTQ Youth Phone Line
1.800.268.9688 or Text 647.694.4275

Sexual Assault and Rape Crisis Line
800.987.0799

24 Hour Sexual Abuse Crisis Line
705.737.2008

Telecare
705.444.9160
211 Directory by Phone (dial 211)

My Friend's House Help Line
705.444.2911

ONLINE RESOURCES AND SUPPORT



211 Community Connection
www.211ontario.ca

Bro Talk: A Support Zone for Teen Guys
www.brotalk.ca/#

eMentalHealth.ca
www.ementalhealth.ca

Fem-aide
www.femaide.ca

Jack.org
www.jack.org

Kids Help Phone
www.kidshelpphone.ca

Mind Your Mind website
www.mindyourmind.ca

Right By You
www.rightbyyou.ca/en

Simcoe County District School Board
www.scdsb.on.ca/Programs/Safeand-Healthy-Schools

Stop a Bully
www.stopabully.ca

Teen Mental Health.org
www.teenmentalhealth.org

Ways Mental Health Support
www.ways.on.ca/

We the Parents
www.wetheparents.ca

Note: If you belong to one of the resources listed, please notify us of any errors or additional details. If you are aware of a mental health resource for youth in Collingwood and the surrounding area that is not listed on this map, please contact us and we will update the directory.
CONTACT: 705-445-2550 ext. 8629 Attention to Dr. Michael Lisi



MENTAL HEALTH RESOURCES

For Youth in South Georgian Bay Area

The Mental Health Resources for Youth in South Georgian Bay area was established through the generous donation of the **Henry J and Marilyn Knowles Family** of Collingwood, ON. This CGMH Foundation program enhances research opportunities and initiatives for students with CGMH and the Rural Ontario Medical Program.

CONNECT

SUPPORT

SERVICES

RESOURCES

HELP





Start Here!

YOUR FAMILY PHYSICIAN/PRIMARY CARE PROVIDER

South Georgian Bay Family Health Organization 705.444.5885

DIRECT CARE AND MENTAL HEALTH SERVICES

CAMERON HELPS

Team Unbreakable

Georgian Bay Family Health Team: 705.444.5885

Mental Health: Extension 200

186 Erie Street, Suite 100 and 100B, Collingwood ON, L9Y 4T3

www.cameronhelps.ca/gbfht.ca/our-programs/mental-health/child-youth-counselling

CANADIAN MENTAL HEALTH ASSOCIATION

Mental Health And Addiction Services of Simcoe County

705.444.2558 (Collingwood)

186 Erie Street, Suite 100 and 100B Collingwood ON, L9Y 4T3

www.cmhastartalking.ca/addiction_services

CARING, SUPPORTING, PARTICIPATING

Mental Health And Addictions Peer Support

705.444.1844

41 Elgin St., Unit 201, Collingwood ON, L9Y 3L6

www.mentalhealthandaddictions.com

CATHOLIC FAMILY SERVICES

OF SIMCOE COUNTY

Barrie Office for all Inquiries: 705.726.2503

199 Campbell Street, Collingwood ON, L9Y 4J9

www.cfssc.ca/services/youth-counselling

COLLINGWOOD COLLEGIATE INSTITUTE

705.445.3161

6 Cameron Street, Collingwood ON, L9Y 2J2

www.cci.scdsb.on.ca

COLLINGWOOD GENERAL AND MARINE HOSPITAL COMMUNITY MENTAL HEALTH SERVICES

705.444.6600

459 Hume Street, Collingwood ON, L9Y 1W6

www.cgmh.on.ca/programs-services/community-mental-health

ENAAHTIG HEALING LODGE & LEARNING CENTRE

705.534.3724

4184 Vasey Road, Victoria Harbour ON, L0K 2A0

www.enahtig.ca

GEORGIAN BAY FAMILY HEALTH TEAM

Georgian Bay Family Health Team: 705.444.5885

Mental Health: Extension 200

186 Erie Street, Suite 100 and 100B

Collingwood ON, L9Y 4T3

www.gbfht.ca/our-programs/mental-health/child-youth-counselling

HOME HORIZON TRANSITIONAL SUPPORT PROGRAM

705.445.5478

53 Campbell Street, Collingwood ON, L9Y 2L1

www.homehorizon.ca

KINARK CHILD AND FAMILY SERVICES (Barrie)

Central Intake: 1.888.454.6275

Barrie Child and Youth Mental Health Office:

1.800.230.8534

34 Simcoe Street, Suite 301, Barrie ON, L4N 6T4

www.kinark.on.ca

MY FRIEND'S HOUSE

Collingwood & Wasaga Beach Shelter for Women And Children

Help and Information Hotline: 705.444.2511

or 1.800.265.2511

(Address is confidential)

www.myfriendshouse.ca

MY SISTER'S PLACE

705.435.9400

www.mysistersplace.ca

NEW PATH FAMILY AND YOUTH SERVICES

Collingwood Department: 705.445.4181

Central Intake: 705.725.7656

275 First Street, Units 7, 8 & 9

Collingwood ON, L9Y 1A8

www.newpath.ca

REGIONAL CHILD & YOUTH MENTAL HEALTH PROGRAM

Royal Victoria Regional Health Centre

Inpatient/Outpatient Program

705.728.9090

Referral required.

SIMCOE COUNTY EATING DISORDERS SERVICE

705.728.9090 ext. 47230

Satellite office in CGMH: 459 Hume Street,

Collingwood ON, L9Y 1W6

www.simcoemuskokahahealth.org/Topics/HealthyEating/ResourcesandPrograms

SOUTH GEORGIAN BAY COMMUNITY HEALTH CENTRE

705.422.1888

14 Ramblewood Drive, Unit 202

Wasaga Beach ON, L9Z 0C4

www.southgeorgianbaychc.ca

WAYPOINT CENTRE FOR MENTAL HEALTH

Crisis line 1.888.893.8333

500 Church St, Penetanguishene ON

www.waypointcentre.ca

YOUTH HAVEN (Barrie)

705.739.7616

1.877.989.9995

22 Wellington St E #20, Barrie ON, L4M 2B8

www.youthhaven.ca

COMMUNITY SERVICES AND SUPPORT

ALATEEN

1.888.425.2666

Collingwood Community Living

Headquarters, 100 Pretty River Parkway N,

Collingwood ON, L9Y 4X2

www.al-anon.org/for-alateen

ATHENA'S SEXUAL ASSAULT COUNSELING & ADVOCACY CENTRE

1.800.987.0799

www.huroniatransitionhomes.ca

BIG BROTHERS BIG SISTERS

705.445.2330

74 Hume Street, Collingwood ON, L9Y 1V4

www.bigbrothersbigsistersgeorgiantriangle.org

BREAKING DOWN BARRIERS

705.445.1543 or 1.800.843.6943

115 Hurontario Street., Suite 203

Collingwood ON, L9Z 2L9

www.breakingdownbarriers.ca

CAREER SOLUTIONS

705.429.5543

1367 Mosley Street, Wasaga Beach,

ON L9Z 2C5

www.careersolutions.ca

CATULPA

705.733.3227

www.catulpa.on.ca

CHIGAMIK COMMUNITY HEALTH CENTRE

705.527.4154

www.chigamik.ca

CLEARVIEW YOUTH CENTRE

705.428.5599

7456 Highway 26, Stayner ON, L0M 1S0

www.facebook.com/ClearviewYouthCentre

ELIZABETH FRY SOCIETY OF SIMCOE COUNTY (Barrie)

705.725.0613

102 Mapleview Drive, Barrie ON, L4N 1S4

www.elizabethfrysociety.com

KRASMAN CENTRE

705.435.0054 or 1.888.780.0724

17 Paris Street, Alliston ON, L9R 1J3

www.krasmancentre.com/home

LGBTQ YOUTH AND FAMILY PROGRAMMING

705.722.6778

555-80 Bradford Street, Barrie ON, L4N 6S7

www.gilbertcentre.ca/youth-and-family-programs

RAINBOWS GEORGIAN TRIANGLE

705.446.2178

15 Dey Drive, Collingwood ON, L9Y 4N9

www.rainbows.ca

RECREATIONAL RESPITE

1.877.855.7070

www.recreespice.com

TRACKS

705.444.1580

50 Hume Street, Collingwood ON, L9Y 1V2

www.tracks.on.ca

YOUTH FOR CHRIST (The Door Collingwood)

705.445.5445

COLLINGWOOD YOUTH CENTRE

705.444.0332

76 First Street, Collingwood ON, L9Y 1A3

www.collingwoodyouthcentre.ca

WASAGA BEACH YOUTH CENTRE

705.422.2494

1621 Mosley Street, Wasaga Beach ON, L9Z 1S2

www.wasagabeach.com/youth-centre

YMCA HEALTHY ACTIVE SCHOOLS

705.445.5705

200 Hume Street, Collingwood ON, L9Y 4E8

www.ymcaofsimcoemusokoka.ca

YMCA YOUTH OUTREACH PROGRAMS

705.726.5572

200 Hume Street, Collingwood ON, L9Y 4E8

www.ymcaofsimcoemusokoka.ca

