

SIMCOE COUNTY CHILD & FAMILY MENTAL HEALTH

Where to go when you're looking for help

Community Resources

Barrie and Community Family Health Team

370 Bayview Dr., 3rd floor, Barrie, ON

<http://barriefht.ca>

705 721-0370 ext. 3

Services offered: A School Success program that includes an assessment by a pediatrician, counselling and occupational therapy

Eligibility: Public elementary school students in Barrie with anxiety and/or behavioural issues

Referral: Doctor or school referral required

Canadian Mental Health Association Simcoe County

<https://cmhastarttalking.ca>

134 Anne St. South, Barrie, ON

705 726-5033 ext. 230 or 249 or text 705 321-5795

Services offered: Drop-in support, groups and other youth mental health services

Catholic Family Services of Simcoe County

8 locations

- Alliston (16 Victoria St. E.)
- Barrie (20 Anne St. S.)
- Bracebridge (73 Manitoba St. #202)
- Bradford (118 Barrie St.)
- Collingwood (199 Campbell St.)
- Huntsville (10 Main St. E.)
- Midland (845 King St.)
- Orillia (169 Front St. S.)

<https://cfssc.ca>

705 726-2503

info@cfssc.ca

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

camh

Services offered: Walk-in counselling, consultation and brief solution-focused intervention for individuals, couples or families in need of single-session or short-term therapeutic support

Eligibility: All ages. Children age 12 and under generally require a parental note for an individual counselling session

Referral: No referral necessary

Georgian Bay Family Health Team

119 Memorial Avenue, Orillia, ON

<https://www.cfht.ca>

705 444-5885 ext. 200

Services offered: Counselling

Eligibility: Children and youth up to age 18 with mild to moderate issues around depression, anxiety and grieving

Referral: Referral from family doctor

Huronion Transition Homes

www.huroniontransitionhomes.ca

1 800 461-1750 (Crisis line)

705 526-3221 ext. 241 or 242 (Children's program)

Services offered: Shelter and support to abused women and their children; 10-week Choices for Children program for children who have been exposed to violence against their mothers

Eligibility: Choices for Children is for kids age 5 to 15: they do not have to be living at the shelter to access services

Cost: Free

John Howard Society of Simcoe & Muskoka

80 Bradford St., suite 530, Barrie, ON

<http://johnhoward.on.ca/muskoka>

705 828-5670

Services offered: All About Youth Mental Health Program is a free youth walk-in service offering up to one hour of counselling.

Eligibility: Age 12 to 24

Referral: No referral needed

Cost: Free

Kinark Child and Family Services

Multiple locations across Simcoe, Northumberland, York and Durham regions. Call central intake phone line below for more information.

www.kinark.on.ca

1 888 454-6275

Services offered: Counselling and therapy, family support, specialized consultation and assessment, crisis support, day treatment and residential services, services for youth with autism spectrum disorder

Eligibility: Up to age 18

Referral: No referral necessary. Guardian consent is required for youth under age 16.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

La Clé de la Baie

3 Main St., Penetanguishene

www.lacle.ca/

705 549-3116

Services offered: Support services for young children and families

Eligibility: Francophone communities of Simcoe County

Mary McGill Centre at Stephenson Memorial Hospital

200 Fletcher Crescent, Alliston, ON

705 434-5140 (main contact line), 1 888 893-8333 (24-hour crisis line after hours)

Services offered: Individual and group services offered using various approaches including cognitive-behavioural therapy (CBT) and mindfulness meditation approaches. The main focus of counselling is to identify goals for change that will improve coping abilities and increase skills training to achieve these goals. Crisis services also available.

Eligibility: Ages 16 and older

Referral: Physician referral for psychiatry; self-referral for same/next day crisis, counselling and group

My Sister's Place

Alliston, ON

705 435-9400, 1 800 461-5419

www.mysistersplace.ca

pitmsp@mysistersplace.ca

Services offered: Residential and outreach services

Eligibility: Women and their children living with the consequences of violence and abuse

New Path Youth and Family Services

6 locations

- Alliston (46 Wellington St. W.)
- Barrie (165 Ferris Lane)
- Bradford (118 Barrie St.)
- Collingwood (275 First St.)
- Cookstown (3740 Line 13 BWG RR#3)
- Orillia (169 Front St.)

<https://newpath.ca>

705 725-7656, 1 866 566-7656 (toll-free)

Services offered: Counselling services, outpatient therapy, residential services, in-school services, Positive Parenting Programs, walk-in clinics

Eligibility: Children and youth up to age 18 and their families. Parents can attend independently but only for parenting concerns.

Referral: You can self-refer for most programs.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

Youth Haven

Location: 22 Wellington St. E. #20, Barrie, ON

<https://youthhaven.ca>

705 739-7616

Services offered: Provides shelter, support and healthy meals for homeless and at-risk youth. Offers transitional housing, emergency care housing, health care services, referral services, counselling, life skills training and case management.

Eligibility: Youth age 16 to 24

Crisis Services

Crisis Text Line

www.crisistextline.ca

Services offered: 24/7 support and information by texting HOME to 686868

Eligibility: Anyone in crisis

Cost: Free

Kids Help Phone

1 800 668-6868

<https://kidshelpphone.ca>

Services offered: Phone counselling at the 1 800 number listed above, or live chat by clicking the bottom of the screen at <https://kidshelpphone.ca/live-chat> or by downloading the Always There app