

2022

KNOW.
and **BE STILL.**

SOUTH GEORGIAN BAY AREA

YOUTH MENTAL HEALTH RESOURCE GUIDE



















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? 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
-  **BULLYINGCANADA HELPLINE**
Call or Text: (877) 352-4497
-  **GOOD2TALK**
Free support to post-secondary students |
Tel: 1-866-925-5454 or text **GOOD2TALKON to 686868**
-   **FEM'AIDE**
Tel: 1-877-336-2433 | TTY: 1-866-860-7082
Support for Francophone women facing gender-based violence





-   **INDIGENOUS CRISIS INTERVENTION AND COUNSELLING**
Tel: 1-800-668-6868 or text HELP to 686868
-   **KIDS HELP PHONE/ TEXT LINE**
Tel: 1-800-668-6868 or text HELP to 686868
-  **MALE SURVIVORS CRISIS LINE**
Tel: 1-866-887-0015
-   **MY FRIEND'S HOUSE**
Support for women /children seeking a new life Tel: 705-728-5044 | Toll-Free: 1-888-893-8333
-  **SAFE USE PEER SUPPORT LINE**
Toll-Free: 1-888-233-5633
-  **SIMCOE CRISIS LINE FOR ALL AGES**
1-888-893-8333

-   **SMOKER'S HELPLINE**
Tel: 1-877-513-5333 or text iQuit to 123456
-  **S.U.C.C.E.S.S HELPLINE**
Chinese helplines. Available 10am to 10 pm 7 days a week. 604-270-8611
-   **TALK SUICIDE**
Canada Suicide Prevention Service. Tel: 1-833-456-4566 or text 45654 (4pm - midnight)
-  **TELECARE DISTRESS LINE**
Tel: 705-325-9534 or 705-726-7922
-   **THE CANADIAN HUMAN TRAFFICKING HOTLINE**
1-833-900-1010







NON-URGENT/DIRECT CARE

- CONTACT YOUR FAMILY DOCTOR or**
The Georgian Bay Family Health Team: 705-444-5885
-  **BARTIMAEUS**
Youth experiencing mental health challenges |
1-866-226-2565
- CATHOLIC FAMILY SERVICES OF SIMCOE COUNTY**
Tel: 1-888-726-2503.
-   **211 ONTARIO**
CALL 211 OR 1-877-330-3213.
-   **CONNEX ONTARIO**
Tel: 1-866-531-2600
- MENTAL HEALTH RESPONSE UNIT**
(non-emergency number): 1-888-310-1122
-  **FARMER WELLNESS INITIATIVE**
Tel: 1-866-267-6255
-  **ALATEEN ELECTRONIC MEETINGS**
Download: Al-Anon Groups Mobile App

-  **NSM HEALTHLINE**
1-888-721-2222
-  **NATIONAL EATING DISORDERS INFORMATION**
Tel: 1-866-633-4220
- CGMH OUTPATIENT MENTAL HEALTH SERVICES**
Tel: 705-444-6600
- CMHA YOUTH ADDICTION COUNSELLING**
Tel: 705-726-5033.
-   **COLIBRI COUNSELLING**
Tel: 705-797-2060
- SIMCOE COUNTY EATING DISORDER SERVICE**
Tel: 705-728-9090 ext 57318
-  **KINARK CHILD AND FAMILY SERVICES**
Tel: 1-888-454-6275
- NEWCOMER'S HEALTH & WELLNESS PROGRAM**
Tel: 905-841-3977 |
nhwbreferral@cmhayr.on.ca

- NEW PATH FAMILY AND YOUTH SERVICES**
1-888-721-2222
- ONE ROOF MIDLAND**
Tel: 1-866-633-4220
- RVH CHILD & YOUTH MENTAL HEALTH PROGRAM**
Tel: 705-444-6600
- SEXUAL HEALTH COUNSELLING, EDUCATION & CLINIC**
Tel: 705-726-5033.
- SOUTH GEORGIAN BAY COMMUNITY HEALTH CENTRE**
Tel: 705-797-2060
-   **WAYPOINT CENTRE FOR MENTAL HEALTH CARE**
Tel: 705-728-9090 ext 57318
-   **YOUTH HAVEN**
Supporting youth in Simcoe County Tel: 705-739-7616

Legend Key:

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



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ONLINE RESOURCES AND SUPPORT

- ABILITICBT**
Free CBT to residents of Ontario | www.myicbt.com
- BOUNCEBACKONTARIO**
Canadian Mental Health Association. Free guided self-help program | 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
- EMENTALHEALTH.CA**
Free CBT to residents of Ontario | www.myicbt.com
- GUIDED MIND APP**
Guided meditations. Found on the Apple Store or Google Play Store.
- JACK.ORG**
Online hub of resources pertaining to youth mental health.
- 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**
Free CBT to residents of Ontario | www.myicbt.com
- MINDBEACON**
Digital Mental Health support. Free CBT online sessions for residents of Ontario. Other supports available | www.mindbeacon.com
- TEENMENTALHEALTH.ORG**
Website contains mental health literacy information, research, education, videos, animations, brochures, e-books, face-to-face training programs, and more.

COMMUNITY SERVICES

- CATULPA**
705-703-3227 or Colingwood and Wasaga Beach area: 705-445-9770 | www.catulpa.on.ca | info@catulpa.on.ca
- HOSPICE SIMCOE CHILDREN & TEEN BEREAVEMENT**
Tel: 705-725-1140
- KERRY'S PLACE**
Supports to persons with Autism Spectrum Disorder | 1-833-775-3779
- KRASMAN CENTRE**
For people with substance use and housing challenged, and their family/friends | 1-888-780-0724
- NORTH SIMCOE YOUTH WELLNESS HUB**
Tel: 705-427-5639

- RANBOWS FOR ALL CHILDREN**
Support program for grief related to divorce, death, & family loss | 705-446-2178 | kapotts@hotmail.com
- OUT OF THE COLD COLLINGWOOD**
Tel: 705-606-6589
- SALVATION ARMY FOOD BANK**
Tel: 705-445-9222
- SOCIETY OF ST VINCENT DE PAUL**
Emergency food bank | 705-444-0999
- SOUTH GEORGIAN BAY HOUSING RESOURCE CENTRE**
Tel: 1-833-726-9082
- THE GUESTHOUSE**
Emergency shelter Tel: 705-527-4111 ext 3
- TRACKS EMPLOYMENT CENTRE**
Tel: 705-444-1580

- WASAGA BEACH MINISTERIAL FOOD BANK**
705-429-6464 | admin@wbfoodbank.ca
- WASAGA BEACH YOUTH CENTRE**
Tel: 705-422-2494
- WOMEN & CHILDREN'S SHELTER OF BARRIE**
Tel: 705-728-2544
- BREAKING DOWN BARRIERS COLLINGWOOD**
Tel: 705-445-1543
- CLEARVIEW YOUTH CENTRE**
Tel: 705-428-5500 | youthcentre@clearview.ca
- COLLINGWOOD YOUTH CENTRE**
Tel: 705-444-0332
- EATING DISORDERS ANONYMOUS**
Online meetings for eating disorder recovery | www.eatingdisordersanonymous.org
- HOME HORIZON TRANSITIONAL SUPPORT PROGRAM** Tel: 705-445-5478

CULTURALLY-SPECIFIC CARE

- NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE**
Tel: 1-866-925-4419
- ASIAN MENTAL HEALTH COLLECTIVE**
www.asianmhc.org
- BLACK YOUTH HELPLINE**
Tel: 1-833-294-8650
- CHIGAMIK COMMUNITY HEALTH CENTRE**
Tel: 705-527-4154 | 1-855-527-4154
- ENAAHTIG HEALING LODGE**
Tel: 705-534-3724 | admin@enahtig.ca

- FINDING POWER TOGETHER**
Mental Health programming for Indigenous Youth | www.findingourpowertogether.com
- LIBERATE APP**
A safe space for the Black community to develop a daily meditation habit. Found on the App Store/Google Play Store
- GEORGIAN BAY NATIVE FRIENDSHIP CENTRE**
705-526-5589 | gbnfc@gbnfc.com

- M'WIKWEDONG INDIGENOUS FRIENDSHIP CENTRE**
519-371-1147 | admin@mwikwedong.com
- TALK TOBACCO**
Confidential program offering culturally-appropriate support for quitting smoking to indigenous communities | 1-833-998-8255
- 2 SPIRITS IN MOTION SOCIETY**
www.2spiritsinmotion.com | instagram: 2spiritsmotion

LGBTQ2S+ SERVICES

- GILBERT CENTRE**
Services moved online: www.gilbertcentre.ca/Online | 705-722-6778 | info@gilbertcentre.ca
- LGBTQ YOUTH LINE**
Provides resources, information and support for LGBTQ2S+ youth

- 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

- RAINBOW HEALTH ONTARIO**
Resource directory and education | www.rainbowhealthontario.ca
- TRANS LIFELINE**
877-330-6366