

## Adult Mental Health Resources Table Of Contents

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## Adult Resources

### Community Resource Websites

(helpful websites to help navigate to support services in your community)

| Service         | Additional Information   | Contact | Website   |
|-----------------|--|---------|---|
| 211 Ontario     | <ul style="list-style-type: none"> <li>Ontario 211 is a free helpline that connects you to community and social services in your area 24 hours a day, 365 days a year, in over 150 languages.</li> </ul> |         | <a href="http://www.211ontario.ca">www.211ontario.ca</a>                  |
| ConnexOntario   | <ul style="list-style-type: none"> <li>ConnexOntario is a non-profit 24/7 helpline for adults and youth seeking addictions and mental health services.</li> </ul>  |         | <a href="http://www.connexontario.ca">www.connexontario.ca</a>            |
| E-Mental Health | <ul style="list-style-type: none"> <li>Find mental health resources in your community and throughout Canada.</li> </ul>  |         | <a href="https://www.ementalhealth.ca/">https://www.ementalhealth.ca/</a> |

### Online/Telephone Mental Health Support Resources

| Service        | Additional Information   | Contact        | Website   |
|----------------|--|----------------|---|
| Big White Wall | <ul style="list-style-type: none"> <li>Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares.</li> </ul>                |                | <a href="https://www.bigwhitewall.ca/v2/Home.aspx">https://www.bigwhitewall.ca/v2/Home.aspx</a> |
| BounceBack     | <ul style="list-style-type: none"> <li>Through BounceBack, adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive.</li> </ul> | 1-866-345-0224 | <a href="https://bouncebackontario.c">https://bouncebackontario.c</a>                           |

## Adult Resources

| <u>Walk-In/Support Counselling Resources</u>               |  |   |   |
|--|--|---|---|
| Service  | Additional Information   | Contact                                   | Website   |
| Catholic Family Services of Simcoe County Walk-In Support  | <ul style="list-style-type: none"> <li>• Location: 20 Anne Street South, Barrie, ON.</li> <li>• Walk-In Hours (Wednesday and Thursday 1 to 7:30pm)</li> <li>• Catholic Family Services of Simcoe County is a non-profit organization offering professional counselling services and education for Individuals, family counselling, ages 12 + years.</li> </ul>   | 705-725-2503                              | <a href="https://cfssc.ca/">https://cfssc.ca/</a>   |
| Canadian Mental Health Association On-Duty Walk-In Service | <ul style="list-style-type: none"> <li>• Hours: Monday to Friday 9 to 4pm</li> <li>• Location: 90 Mulcaster Street, Barrie, ON.</li> <li>• For individuals in need of finding community resources or submitting referrals to access CMHA services and programs. It is also for individuals who require emotional support and guidance at the moment of the call.</li> <li>• Walk-in or telephone support available.</li> </ul> | 705-726-5033<br>(Monday to Friday 9 to 5) | <a href="https://cmhastarttalking.ca/adult-services/walk-in-services/me.aspx">https://cmhastarttalking.ca/adult-services/walk-in-services/me.aspx</a> |

## Adult Resources

### Crisis Services

| Service  | Additional Information   | Contact  | Website   |
|--|--|--|---|
| Crisis Line (24/7)   | <ul style="list-style-type: none"> <li>• Crisis Services offers 24hr telephone support to assist individuals, community agencies, emergency services and family or friends, to work through resolution of identified issues and challenges.</li> <li>• Our team is comprised of mental health and addiction professionals, who are trained in suicide intervention, and can help stabilize pre and post-crisis, developing coping strategies and plans for ongoing mental health and addiction support and follow up.</li> </ul> | 705-728-5044 or<br>1-888-893-8333  | <a href="https://cmhastarttalking.ca/">https://cmhastarttalking.ca/</a> |
| Royal Victoria Hospital<br>Mental Health &<br>Addiction Crisis<br>Services | <ul style="list-style-type: none"> <li>• Crisis Services provides immediate intervention and mental health assessments to individuals presenting in the Emergency Department with mental health concerns or crisis. This includes providing mental health and risk assessments and referral to resources both within the RVH or the community for additional support.</li> </ul>   | 705-728-9090<br>Ext 47274<br>(Not a crisis line)<br><br>Please present to the<br>emergency<br>department | <a href="https://www.rvh.on.ca">https://www.rvh.on.ca</a>               |

## Adult Resources

| <u>Support/Counselling Services</u>                        |   |   |   |
|--|---|---|---|
| Service  | Additional Information  | Contact                                   | Website   |
| Canadian Mental Health Association On-Duty Walk-In Service | <ul style="list-style-type: none"> <li>• Hours: Monday to Friday 9 to 4pm</li> <li>• Location: 90 Mulcaster Street, Barrie, ON.</li> <li>• For individuals in need of finding community resources or submitting referrals to access CMHA services and programs. It is also for individuals who require emotional support and guidance at the moment of the call.</li> <li>• Services and programs that are offered include: Crisis Services, CARAH House, Justice Program/Court Support, Assertive Community Treatment Team (ACTT), Addiction Services, Gambling Services, Umbrella's Services, Youth Services, Opioid Treatment Program, Early Psychosis Intervention (EPI), Case Management, RSVP Clubhouse.</li> </ul> | 705-726-5033<br>(Monday to Friday 9 to 5) | <a href="https://cmhastarttalking.ca/adult-services/walk-in-services/">https://cmhastarttalking.ca/adult-services/walk-in-services/</a> |
| Catholic Family Services of Simcoe County                  | <ul style="list-style-type: none"> <li>• Walk-In Hours (Wednesday and Thursday 1 to 7:30pm)</li> <li>• Location: 20 Anne Street South, Barrie, ON.</li> <li>• Catholic Family Services of Simcoe County is a non-profit organization offering professional counselling services and education for Individuals, family counselling, ages 12 + years.</li> </ul>  | 705-726-2503                              | <a href="https://cfssc.ca/">https://cfssc.ca/</a>   |
| John Howard Society  | <ul style="list-style-type: none"> <li>• Location: 80 Bradford Street, Unit 336 Barrie, ON</li> <li>• This organization has a strong history of helping individuals and families who are at risk of, or who have come into conflict with the law through counselling services.</li> </ul>   | 705-733-0683                              | <a href="https://johnhoward.on.ca/">https://johnhoward.on.ca/</a>   |

## Adult Resources

| <u>Support/Counselling Services</u>                             |   |  |   |
|---|---|--|---|
| Service   | Additional Information  | Contact  | Website   |
| Royal Victoria Hospital Mental Health and Addiction Day Program | <ul style="list-style-type: none"> <li>The Mental Health and Addiction Day Program serves as a step down level of care for those being discharged from inpatient mental health and as a less restrictive alternative to inpatient admission for individuals presenting to the Emergency Department or referred by the community.</li> <li>The Day Program includes intensive group therapy for up to 6 weeks Monday to Friday, brief transitional case management, mindfulness meditation, and individual and family counselling and support as required.</li> </ul>  | 705-728-9090<br>Ext. 47210   | <a href="https://cmhastartalking.ca/adult-services/walk-in-services/">https://cmhastartalking.ca/adult-services/walk-in-services/</a> |
| Family Mental Health Initiative of Simcoe County                | <ul style="list-style-type: none"> <li>Providing support through education, training and referrals to the family members of those individuals who have serious and persistent mental health difficulties.</li> </ul>  | 705-725-0363 or<br>1-800-324-3252  | <a href="http://fmhi.ca/">http://fmhi.ca/</a>   |
| Simcoe Muskoka Family Connexions (Children's Aid)               | <ul style="list-style-type: none"> <li>Services include child protection, family support, family creation through adoption, kinship, customary care and foster care, and in Muskoka branches children's mental health services are offered.</li> </ul>  | 1-800-461-4236   | <a href="https://familyconnexions.ca/">https://familyconnexions.ca/</a>   |
| Elizabeth Fry Society of Simcoe County                          | <ul style="list-style-type: none"> <li>Location: 102 Maple Avenue, Barrie, ON</li> <li>To support, advocate for, and empower individuals at risk, to enrich their lives and to inspire positive change in our community</li> <li>Programs include: Youth Mediation, Youth Trusteeship Program in Simcoe County and Muskoka, Youth Justice Programs, Restorative Justice Circles, Youth Justice Committee Program, Correctional Programs, Adult Direct Accountability, Reintegration Programs, Jail Visitation &amp; Advocacy, Rural and Remote Community Programs in Muskoka, Joyce Kope House Shelter and Halfway House for women, referrals to community agencies and services and advocacy, Speakers Bureau, College Student Practicum opportunities.</li> </ul> | Business Line:<br>705-725-0613<br><br>Hotline:<br>705-725-0613<br>Ext. 0<br>(Mon-Sun 24 hours) | <a href="http://elizabethfrysociety.com/">http://elizabethfrysociety.com/</a>   |

## Adult Resources

### Support/Counselling Services

| Service   | Additional Information   | Contact                             | Website   |
|---|--|-------------------------------------|---|
| (IASP) – Increasing Access To Structured Psychotherapy – North Simcoe Muskoka | <ul style="list-style-type: none"><li>• Providing support to individuals 18+ who are experiencing mild to moderate anxiety or depression with access to free in-person individual and group Cognitive Behavioural Therapy (CBT).</li><li>• <b>IASP Referrals can be found in Accuro and be faxed to the IASP's regional intake office at Waypoint.</b></li></ul> | 1-877-341-4729<br>Fax: 705-549-7330 | <a href="http://www.waypointcentre.ca/">http://www.waypointcentre.ca/</a> |

## Adult Resources

### Addiction Services

| Service  | Additional Information   | Contact                  | Website   |
|--|--|--------------------------|---|
| Canadian Mental Health Association<br>Addiction Services | <ul style="list-style-type: none"> <li>• Individual Outpatient Counselling Program available to individuals (25 years of age and up) who are concerned about their own or someone else’s substance use.</li> <li>• The individual counselling program is a voluntary, self referral process, which means clients must make contact directly to become registered.</li> <li>• Other services within Addiction Services are:               <ul style="list-style-type: none"> <li>○ Adult Group Therapy Programs</li> <li>○ Opioid Treatment Program</li> <li>○ Umbrellas Treatment Program</li> <li>○ Problem Gambling Program</li> <li>○ Community Withdrawal Management</li> <li>○ Inpatient Treatment Referrals</li> </ul> </li> </ul> | 705-726-5033<br>Ext. 438 | <a href="https://cmhastarttalking.ca/">https://cmhastarttalking.ca/</a> |
| Barrie Native Friendship Centre                          | <ul style="list-style-type: none"> <li>• Location: 175 Bayfield Street, Barrie, ON</li> <li>• The Aboriginal Healing &amp; Wellness program provides services to families and individuals working to end family violence.</li> <li>• Services include: crisis intervention, peer counseling, advocacy, referrals to outside agencies and services such as; shelters, drug and alcohol treatment centres, therapeutic counselling services, trauma recovery programs and food banks.</li> </ul>   | 705-721-7689             | <a href="https://www.barriefc.ca/">https://www.barriefc.ca/</a>         |

## Adult Resources

### Addiction Services

| Service  | Additional Information   | Contact  | Website   |
|--|--|--|---|
| Georgian Heartland Area<br>(Narcotics Anonymous) | <ul style="list-style-type: none"> <li>Narcotics Anonymous is an international, community-based association of recovering drug addicts with more than 50,000 weekly meetings in over 130 countries.</li> </ul>                     | 1-888-811-3887                                     | <a href="https://georgianheartlandna.org/">https://georgianheartlandna.org/</a>                           |
| Al-Anon Family Groups                            | <ul style="list-style-type: none"> <li>Al-Anon is a mutual support group of peers who share their experience in applying the Al-Anon principles to problems related to the effects of a problem drinker in their lives.</li> </ul> |  | <a href="https://al-anon.org/">https://al-anon.org/</a>   |
| Alcoholics Anonymous                             | <ul style="list-style-type: none"> <li>Location: 80 Bradford Street, Barrie, ON</li> <li>A self-management and self-help group for individuals suffering from alcoholism.</li> </ul>   | 705-725-8682                                       | <a href="https://barrieaa.com/">https://barrieaa.com/</a>   |
| Gamblers Anonymous                               | <ul style="list-style-type: none"> <li>Location: 112 Collier Street (United Church) Barrie, ON</li> <li>A 12 step support group for persons who have problems related to gambling and have a desire to stop.</li> </ul>            | 705-737-4632<br>(Please call for more information) | <a href="http://www.gamblersanonymous.org/ga/addresses">http://www.gamblersanonymous.org/ga/addresses</a> |
| Problem Gambling<br>(Gambling Self-Help website) | <ul style="list-style-type: none"> <li>A self-help website and tools for individuals who have problems related to gambling or for family members who are affected by gambling.</li> </ul>  |  | <a href="https://www.problemgambling.ca/Gambling-Help/">https://www.problemgambling.ca/Gambling-Help/</a> |
| ConnexOntario                                    | <ul style="list-style-type: none"> <li>ConnexOntario provides treatment service information for people experiencing problems with gambling, drugs, alcohol, and/or mental health.</li> </ul>                                       | 1-866-531-2600                                     | <a href="https://www.connexontario.ca/">https://www.connexontario.ca/</a>                                 |

## Adult Resources

### Trauma Services

| Service   | Additional Information   | Contact   | Website   |
|---|--|---|---|
| Athena's Sexual Assault Counselling and Advocacy Centre | <ul style="list-style-type: none"> <li>Committed to providing shelter, counselling and support to women identified individuals and their children, who have experienced abuse.</li> </ul>  | Crisis Line:<br>1-800-987-0799<br>(South Simcoe)<br>Or<br>1-800-461-750<br>(North Simcoe)           | <a href="http://www.huroniatransitionhomes.ca/">http://www.huroniatransitionhomes.ca/</a> |
| Cedar Centre  | <ul style="list-style-type: none"> <li>Location: 17705 Leslie Street, Unit 12, Newmarket, ON</li> <li>Therapeutic services to children, adolescents, adults and families who have experienced childhood sexual abuse and childhood interpersonal trauma (including sexual, physical and emotional abuse, witnessing violence and neglect.</li> </ul> | 1-800-263-2240  | <a href="http://www.cedarcentre.ca">www.cedarcentre.ca</a>                                |
| The Trauma Centre                                       | <ul style="list-style-type: none"> <li>Location: 18642 Leslie Street, Sharon, ON</li> <li>To improve the well-being of the community by providing a safe, tranquil place where individuals and families, affected by trauma and other significant events in their lives, will receive professional and comprehensive care.</li> </ul>                | 1-905-478-8826  | <a href="http://www.thetraumacentre.ca/">http://www.thetraumacentre.ca/</a>               |
| Women and Children's Shelter of Barrie                  | <ul style="list-style-type: none"> <li>The Women &amp; Children's Shelter of Barrie provides a safe refuge and emergency support services for abused women and their dependents in its commitment to end the cycle of violence.</li> </ul>   | Shelter Crisis Line:<br>705-728-8544 or<br>1-800-461-1716<br><br>Outreach Services:<br>705-721-9977 | <a href="http://barrieshelter.com/">http://barrieshelter.com/</a>                         |
| Prevention of Senior Abuse                              | <ul style="list-style-type: none"> <li>The Prevention of Senior Abuse Network Simcoe County promotes community participation in a network that is dedicated to promoting awareness, prevention and response to senior abuse in Simcoe County through advocacy, education and collaboration.</li> </ul>   | Senior Safety Line:<br>1-866-299-1011   | <a href="https://psan-sc.ca/">https://psan-sc.ca/</a>                                     |

## Adult Resources

### Parenting Resources

| Service   | Additional Information  | Contact                              | Website   |
|---|---|--------------------------------------|---|
| Health Connection – Simcoe Muskoka District Health Unit | <ul style="list-style-type: none"> <li>• One-on-one parenting counseling over the phone, prenatal classes, Healthy Babies Healthy Children Program, parenting classes as well as help for families to access other parenting supports in the community.</li> </ul>  | 705-721-7520<br>or<br>1-877-721-7520 | <a href="http://www.simcoemuskokahealth.org/">http://www.simcoemuskokahealth.org/</a> |
| Triple P – Positive Parenting Program                   | Free parenting tips and info about local parenting programs. Online Triple P program available for \$80.  |                                      | <a href="http://www.triplep-parenting.ca">www.triplep-parenting.ca</a>                |
| Kinark Child and Family Services                        | <ul style="list-style-type: none"> <li>• Kinark provides clinical assessment and intervention to some of Ontario’s most complex and high risk children and youth.</li> <li>• Services are provided in the areas of Child and Youth Mental Health, Autism, Forensic Mental Health/Youth Justice.</li> </ul>  | Central Intake:<br>1-888-454-6275    | <a href="https://www.kinark.on.ca/">https://www.kinark.on.ca/</a>                     |
| New Path Child and Family Services                      | <ul style="list-style-type: none"> <li>• Location: 165 Ferris Lane, Barrie, ON</li> <li>• Hours: Wednesday and Thursday 8:30am to 7:00pm (last appointment at 5:30pm)</li> <li>• This client-centered program is for children, youth and families who require greater support than what is provided in the Walk -In Clinic.</li> <li>• Counselling will focus on the development of strategies to effectively cope with their presenting concerns.</li> <li>• A maximum of 3 sessions is offered within a 2 month time frame.</li> <li>• Clients access this program by attending the Walk In Clinic. After participating in the Walk In Clinic, a referral to the Brief in Three Program is mutually agreed upon by the Walk In Clinician and the Client.</li> </ul> | Central Intake:<br>705-725-7656      | <a href="https://newpath.ca/">https://newpath.ca/</a>                                 |

## Adult Resources

### LGBTQ Resources

| Service   | Additional Information  | Contact                          | Website  |
|---|---|----------------------------------|--|
| <p>The Gilbert Centre<br/>(LGBTQ &amp; HIV Support)</p> | <ul style="list-style-type: none"> <li>• 555-80 Bradford Street, Barrie, ON</li> <li>• The Gilbert Centre is a community-based, not-for-profit organization that helps provides services to people living with and affected by HIV and the individuals and families from the lesbian, gay, bisexual, transgender, queer (LGBTQ) communities.</li> <li>• Other programs offered are: Harm reduction, Living with HIV, Living with Hepatitis C, Older LGBTQ Adult Programs, LGBTQ Youth and Family connections, Gender Diverse and Trans Services, AA and NA Groups.</li> </ul> | <p>705-722-6778</p>              | <p><a href="http://www.gilbertcentre.ca/">http://www.gilbertcentre.ca/</a></p> |
| <p>North Simcoe Muskoka Trans Health Services</p>       | <ul style="list-style-type: none"> <li>• Trans Health Services brings trans-focused health care to the North Simcoe Muskoka area. The goal is to provide a trans-affirming, supportive approach for transgender people seeking health care in our region.</li> <li>• A Peer Support Navigator and Nurse Practitioner provide social support and inclusive medical care to help clients identify and achieve their health and transition goals.</li> </ul>   | <p>705-739-3649<br/>Ext. 391</p> | <p><a href="https://www.cfht.ca">https://www.cfht.ca</a></p>                   |

## Adult Resources

### Postpartum Resources

| Service   | Additional Information   | Contact   | Website  |
|---|--|---|--|
| <p><b>Barrie After Baby Group</b></p> <p><b>Barrie and Community Family Health Team program</b></p> | <ul style="list-style-type: none"> <li>• Location: EarlyON Child and Family Centre (129 Ferris Lane, Barrie, ON)</li> <li>• Hours: Tuesdays from 1:00pm to 3:00pm</li> <li>• Meet other new parents experiencing mood changes after birth of baby.</li> <li>• Discuss relationships, difficult emotions, and how to take care of yourself.</li> <li>• Build coping strategies</li> <li>• Drops in are welcome</li> </ul> | <p>To register, please call 705-792-7878 or the Family Health Team 705-726-4225 Ext. 2611 or 2612</p> |  |
| <p>Postpartum Dads (PPD)<br/>Online Facebook Support Group</p>                                      | <ul style="list-style-type: none"> <li>• An online Facebook support group that supports and helps new dads who are struggling with postpartum mood disorders.</li> </ul>   |   | <p><a href="http://postpartumdads.org/">http://postpartumdads.org/</a></p> |

## Adult Resources

| <u>Bereavement Resources</u>   |  |                |   |
|--|--|----------------|---|
| Service  | Additional Information   | Contact        | Website   |
| Hospice Simcoe   | <ul style="list-style-type: none"> <li>• Location: 336 Penetanguishine Road, Barrie, ON</li> <li>• Provides non-medical support to individuals and families dealing with life threatening illness, resource library and support groups.</li> </ul>   | 705-722-5995   | <a href="https://www.hospicesimcoe.ca/">https://www.hospicesimcoe.ca/</a>   |
| Pregnancy and Infant Loss Network (PAIL)                                     | <ul style="list-style-type: none"> <li>• PAIL Network provides support to any family in Ontario who has experienced the loss of their pregnancy or the death of their baby up to 12 months of age, including:               <ul style="list-style-type: none"> <li>○ First trimester loss / early pregnancy loss</li> <li>○ Termination of pregnancy / interruption of pregnancy</li> <li>○ Stillbirth</li> <li>○ Neonatal death</li> <li>○ Infant death due to SIDS/SUIDS'</li> </ul> </li> </ul> | 1-888-303-7245 | <a href="https://pailnetwork.sunnybrook.ca/">https://pailnetwork.sunnybrook.ca/</a>   |
| Adams Funeral Home   | <ul style="list-style-type: none"> <li>• Location: 445 St. Vincent Street, Barrie, ON</li> <li>• Provides support during the funeral, but afterwards as well, especially through the difficult days that may follow.</li> <li>• Grief and Bereavement Seminars and one on one counselling are available for the grieving. This service is available to anyone in the community.</li> </ul>   | 705-728-4344   | <a href="https://www.adamsfuneralhome.ca/">https://www.adamsfuneralhome.ca/</a>   |
| The Centre for the Grief Journey<br><br>(Dr. Bill Webster, Grief Counsellor) | <ul style="list-style-type: none"> <li>• The Centre for the Grief Journey offers a variety of resources to grieving people, whether after a bereavement or in the midst of a life threatening situation.</li> <li>• Resources utilizing a variety of media are available on Dr. Bill Webster's website.</li> </ul>   |                | <a href="https://griefjourney.com/about/meet-dr-bill-webster-2/">https://griefjourney.com/about/meet-dr-bill-webster-2/</a> |

## Adult Resources

| <u>Physiotherapy and Healthy Living Resources</u> |  |              |   |
|---|--|--------------|---|
| Service   | Additional Information   | Contact      | Website   |
| Barrie and Community Health Centre                | <ul style="list-style-type: none"> <li>• Location: 490 Huronia Road, Barrie, ON</li> <li>• Social work program providing counselling and support, CBT, Anxiety Support Program, Expressive Arts program</li> <li>• Physiotherapy programs target those facing barriers to access for individualized assessment and treatment for clients of BCHC or the community that do not have third party insurance, access to MVA or WSIB benefits or can access the Community Physiotherapy clinics.</li> <li>• Living Healthy with Chronic Conditions programs</li> <li>• Dietitian services including assessment and counselling for clients of the BCHC as well as the community that do not have access to a Registered Dietitian.</li> </ul> | 705-734-9690 | <a href="http://www.bchc.ca/">http://www.bchc.ca/</a>                                 |
| Skill Builders                                    | <ul style="list-style-type: none"> <li>• As a multi-disciplinary clinic, Skill Builders offers a wide range of services to address your specific condition. The therapists have extensive experience assessing and treating conditions ranging from minor injuries to complex or seriously impaired. We care about maximizing your recovery.</li> </ul>  | 705-727-0319 | <a href="https://www.skillbuildersrehab.com/">https://www.skillbuildersrehab.com/</a> |

## Adult Resources

| <b><u>Self-Help, Wellness and Mindfulness Resources</u></b> |  |              |   |
|---|--|--------------|---|
| Service   | Additional Information   | Contact      | Website   |
| Integrative Stress Management Program                       | <ul style="list-style-type: none"> <li>• The Integrative Stress Management Program is a Barrie mindfulness based course open to the public.</li> <li>• Under the direction of Dr Gerald Levine,MD,CCFP, the program offers a 7 week in-person course in the spring and autumn.</li> <li>• There are also internet-based private sessions available. Participants can self refer or there is a form in Accuro under Specialists and others!</li> <li>• We can help with management of chronic stress, anxiety, depression, pain and PTSD. Please visit</li> </ul> | 705-721-6934 | <a href="http://managestress.ca/">http://managestress.ca/</a>                               |
| The Center For Inner Freedom                                | <ul style="list-style-type: none"> <li>• An 8-week course enabling people to let go of the past, worry less about the future, and live more fully in the present moment. Practices include sitting, standing, lying and moving meditations. Deal effectively with stress, depression and chronic pain.</li> </ul>  | 705-722-7171 | <a href="https://www.centerforinnerfreedom.com/">https://www.centerforinnerfreedom.com/</a> |
| Centre for Clinical Interventions                           | <ul style="list-style-type: none"> <li>• Provide expert best-practice psychological interventions for people suffering from anxiety, mood and eating disorders, to disseminate these evidence-supported treatments, and to conduct research to further improve the outcomes of treatments.</li> </ul>  |              | <a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a>           |
| Anxiety Canada  | <ul style="list-style-type: none"> <li>• Self-help resources to manage anxiety.</li> </ul>   |              | <a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a>                 |

## Adult Resources

| <b>Psychiatry</b><br><b>(Face to Face Consultations - Barrie and Community Family Health Team)</b>   |   |   |  |
|--|---|---|--|
| Psychiatrist   | Services Offered  | Eligibility and How to Apply  | Fees for Service   |
| <p>Dr. David Seevaratnam<br/>400 Bayfield Street<br/>(Kozlov Mall, Suite 240) Barrie, ON</p> <p style="text-align: center;"><b>Barrie and Community Family Health Team Program</b></p> | <ul style="list-style-type: none"> <li>• Provides a one-time psychiatric consultation for adults 18+, who are struggling with <b>anxiety, depression, and bipolar disorders.</b></li> <li>• He does <u>not</u> specialize in ADHD and Autism.</li> <li>• He will diagnose and provide medication review and recommendations. The patient will then need to follow-up with their family physician for ongoing follow-up and care.</li> </ul>   | <ul style="list-style-type: none"> <li>• Contact: 705-725-8105</li> <li>• <b>Referral required by the patient's family physician through the Barrie and Community Family Health Team.</b></li> </ul>  | <ul style="list-style-type: none"> <li>• Fees covered by OHIP</li> </ul>   |
| <p>Dr. Sudhir Rajkhowa<br/>151 B Dunlop Street East, Barrie, ON</p> <p style="text-align: center;"><b>Barrie and Community Family Health Team Service</b></p>                          | <ul style="list-style-type: none"> <li>• Provides psychiatric consultations for both children/youth and adults.</li> <li>• <b>Psychiatric Services:</b> Psychiatric consultation, psychiatric follow-up, medication prescription and medication review.</li> <li>• <b>Psychology Services:</b> Testing and evaluation services offered.</li> <li>• <b>Cognitive Behavioural Therapy and Dialectical Behavioral Therapy</b> offered.</li> <li>• <b>Other Services:</b> Providing assessments after accidents and injuries, detox supervision and medical consultations.</li> </ul> | <ul style="list-style-type: none"> <li>• Contact: 705-719-7171</li> <li>• <a href="http://brainbehaviour.ca/">http://brainbehaviour.ca/</a></li> <li>• <b>Referral required by the patient's family physician through the Barrie and Community Family Health Team.</b></li> </ul> | <ul style="list-style-type: none"> <li>• Fees covered by OHIP</li> <li>• Extra fees may apply, depending on other testing that may be required.</li> </ul> |

## Adult Resources

### Psychiatry (Face to Face Consultations - Simcoe County)

| Psychiatrist  | Services Offered   | Eligibility and How to Apply   | Fees for Service   |
|---|--|--|--|
| Royal Victoria Hospital<br>(Mental Health Ambulatory Services)        | <ul style="list-style-type: none"> <li>Provides short-term consultation and stabilization for patients 16 and above.</li> <li>Consultation for medication review is provided.</li> <li>Diagnostic clarification or short-term management.</li> </ul> | <ul style="list-style-type: none"> <li>Contact: 705-728-9090 Ext. 47210</li> <li>Fax: 705-739-5631</li> <li>Referrals from community physicians are accepted from the greater Barrie area.</li> <li>Physician Referral Form:</li> </ul> <p><a href="https://www.rvh.on.ca/mhad/SitePages/mhadhome.aspx">https://www.rvh.on.ca/mhad/SitePages/mhadhome.aspx</a></p> | <ul style="list-style-type: none"> <li>Covered by OHIP</li> </ul>            |
| Dr. Peter Kraus<br>190 Cundles Road East,<br>Suite 309,<br>Barrie, ON | <ul style="list-style-type: none"> <li>Provides psychiatric services for individuals 18+, who are seeking an assessment or consultation for various mood disorders.</li> </ul>   | <ul style="list-style-type: none"> <li>Contact: 705-737-4641</li> <li>Fax: 705-737-9605</li> <li>A family doctor's referral is required and can be faxed to his office.</li> <li>Once triaged, the office will contact the patient with an appointment.</li> </ul>   | <ul style="list-style-type: none"> <li>Covered by OHIP</li> </ul>            |
| Dr. Tim Bilkey<br>245 Bayfield Street, Barrie,<br>ON                  | <ul style="list-style-type: none"> <li>Provides psychiatric services for adolescents and adults who are in need of assessment and treatment of ADHD.</li> </ul>  | <ul style="list-style-type: none"> <li>Contact: 705-728-2867</li> <li>Fax: 705-728-6987</li> <li>A family doctor's office will need to fill out the assessment form on Dr. Bilkey's website and then fax accordingly.</li> <li>Website: <a href="http://www.timbilkeymd.com/">http://www.timbilkeymd.com/</a></li> </ul>   | <ul style="list-style-type: none"> <li>Assessment fees will apply</li> </ul> |
| Dr. Luzcak<br>49 High Street<br>Barrie, ON                            |  | <ul style="list-style-type: none"> <li>Contact: 705-721-7813</li> </ul>  |  |

## Adult Resources

### Psychiatry (Telemedicine – Barrie and Community Family Health Team)

| Psychiatrist   | Services Offered  | Eligibility and How to Apply  | Fees for Service  |
|--|---|---|---|
| <p>Prompt Care Clinic<br/>(Ontario Shores)</p> <p><b>Barrie and Community Family Health Team Service</b></p> | <ul style="list-style-type: none"> <li>• Provides a one-time psychiatric consultation for adults 18+.</li> <li>• The Prompt Care Clinic at Ontario Shores Centre for Mental Health Sciences (Ontario Shores) provides care for individuals who require timely access to psychiatric services, but do not require an emergency department visit.</li> <li>• A psychiatrist and nurse or social worker provide clinical assessments and a care plan for follow-up or shared care in the community.</li> <li>• Individuals who are symptomatic to the point where a significant amount of personal distress is evident and where distress may increase if there is a delay in treatment can be referred to this clinic.</li> </ul> | <ul style="list-style-type: none"> <li>• <a href="https://www.ontarioshores.ca/cms/One.aspx?pagelid=1974">https://www.ontarioshores.ca/cms/One.aspx?pagelid=1974</a></li> <li>• Contact: 1-877-767-9642</li> <li>• Fax: 1-905-430-4000</li> <li>• <b>Doctor’s referral required (Prompt Care Clinic referral form can be found in Accuro under the forms section, and must also be sent with an updated PHQ-9).</b></li> <li>• Referral and updated PHQ-9 must then be sent to MH Office Admin in Accuro. It is then faxed to Ontario Shores for processing and an appointment.</li> <li>• Ontario Shores will contact the patient with an appointment.</li> <li>• Wait times vary from 3 to 6 weeks once the referral has been processed.</li> </ul> | <ul style="list-style-type: none"> <li>• Covered by OHIP</li> </ul> |
| <p>CAMH Telepsychiatry</p> <p><b>Barrie and Community Family Health Team Service</b></p>                     | <ul style="list-style-type: none"> <li>• Provides a one-time psychiatric consultation for adults 18+ who are seeking assessment or consultation in general psychiatry via videoconference.</li> <li>• Adult ADHD screening and consultation.</li> <li>• Military PTSD consultations as well as regular PTSD consultations.</li> <li>• Geriatric mental health consultations.</li> <li>• Adult autism screening and consultation</li> </ul>  | <ul style="list-style-type: none"> <li>• <a href="https://www.camh.ca/en/your-care/programs-and-services/telemental-health">https://www.camh.ca/en/your-care/programs-and-services/telemental-health</a></li> <li>• Contact: Deb Hill (OTN Coordinator)</li> <li>• Contact: 705-792-4244</li> <li>• <b>Doctor’s referral required (CAMH referral is located under the forms section of Accuro).</b></li> <li>• Once completed, please task to Telemedicine (in Accuro) for processing and an appointment.</li> <li>• Once an appointment has been made, the OTN Coordinator will contact the patient directly.</li> </ul>   | <ul style="list-style-type: none"> <li>• Covered by OHIP</li> </ul> |

## Adult Resources

### Psychologists (Simcoe County)

| Psychologist   | Services Offered  | Eligibility and How to Apply  | Fees for Service   |
|--|---|---|--|
| <p>Dr. Ken Marek<br/>14 Debra Cres<br/>Barrie ON<br/>L4N 3T1</p>                     | <p>Offering service for individual, couple, adolescents, children and marriage and family counselling.</p> <ul style="list-style-type: none"> <li>• <b>Specializes in counselling for First Responders, Veterans, WSIB psychological assessments (educational, personality and vocational).</b></li> <li>• Psychological assessments (educational, personality and vocational)</li> <li>• Performance enhancement</li> </ul>  | <p>Eligibility: Ages: 5 year(s) and up;<br/>How to apply:</p> <ul style="list-style-type: none"> <li>• Referral from other professionals or self-referred</li> <li>• To qualify for extended health coverage, some plans may require referral from a medical doctor</li> </ul> <p>Business Line: 705-734-9742<br/>After Hours: 705-722-4960</p> | <p>-Extended health coverage and insurance sometimes covers psychological services<br/>-May offer reduced fees depending on the circumstances, call for information<br/>-Not covered by OHIP ; Accepts WSIB and Veterans Affairs</p> |
| <p>Dr. Dianne Maing<br/>48 Alliance Blvd, Unit A203<br/>Barrie, ON<br/>L4M 5K3</p>   | <ul style="list-style-type: none"> <li>• Psychotherapy, clinical assessments, and Psychoeducational (learning) assessments for children, youth and adults experiencing <b>anxiety, depression, school and work-related issues, trauma and OCD</b></li> </ul>  | <p>Eligibility: 6 year(s) and up<br/>How to apply</p> <ul style="list-style-type: none"> <li>• Call for appointment</li> <li>• Self-referral<br/>Referral by professional</li> </ul> <p>Business Line: 705-970-3891</p>   | <p>-May be covered by extended health care benefits<br/><br/>-Sliding scale where applicable</p>   |
| <p>Dr. Gwen Jenkins<br/>164 Innisfil Street, Unit 103<br/>Barrie, ON<br/>L4N 3E7</p> | <ul style="list-style-type: none"> <li>• Assesses and diagnoses problems in thinking, feeling and behavior.</li> <li>• Helps people overcome or manage trauma-related disorders such as <b>Post Traumatic Stress Disorder, Adjustment Disorder</b> also anxiety-related disorders such as <b>panic attacks, chronic worries, mood disorders</b> such as <b>depression and life stressors such as health concerns, career changes, relationship issues.</b></li> </ul> | <p>Eligibility: Ages: 18 year(s) - 65 year(s)<br/>How to Apply</p> <ul style="list-style-type: none"> <li>• Call or email</li> </ul> <p>Business Line: 705-220-5087</p>   | <p>-Sliding scale based on income and nature of the service to be provided * fees discussed prior to beginning treatment.</p>  |

## Adult Resources

### Psychologists (Simcoe County)

| Psychologist  | Services Offered   | Eligibility and How to Apply   | Fees for Service   |
|---|--|--|--|
| Dr. Tim Smith<br>11 Ferris Lane,<br>Studio 2<br>Barrie, ON<br>L4M 5N6                           | <ul style="list-style-type: none"> <li>Counselling and assessment services for children, teens, and adults * counselling to help overcome <b>anxiety, addictions, compulsive behavior problems, ADHD, behavioral problems, codependency, depression, family of origin issues, post-traumatic stress disorder, relationship and marriage problems, parenting, and coping with stress.</b></li> </ul>                        | <p>Eligibility: Ages: 6 year(s) and up;<br/>How to apply:<br/>Appointment, contact by phone or email to set up initial appointment * can be self referred</p> <p>Business Line: 705-727-1529</p> | <p>-\$160 per hour with sliding fee scale possible</p> <p>-Most services covered by private insurance plans ; Fee assistance available ; assistance is provided by subsidy</p>   |
| Dr. Andrea Guthrie<br>Lakeview<br>Psychology<br>11 Lakeside<br>Terrace<br>Barrie, ON<br>L4M 0H9 | <ul style="list-style-type: none"> <li>Providing intervention services that can address a wide range of mental health difficulties. Using a wide range of treatment modalities, including <b>Psychodynamic Therapy, Cognitive Behavioral Therapy (CBT), and Exposure Therapy for Anxiety Disorders, Dialectical Behavior Therapy (DBT), Supportive Psychotherapy, Client Centered and Experiential Therapy.</b></li> </ul> | <p>Eligibility: Children, adolescents and adults.<br/>How to apply:<br/>Call for a brief phone consultation before the initial intake appointment.</p> <p>Business Line: 705-998-0575</p>        | <p>-The fee for therapy is based on guideline recommendations outlined by the Ontario Psychological Association (OPA).<br/>-While psychological services are not covered by OHIP, they are often covered by your private insurance plan, work benefits package or employee assistance plan</p> |
| Dr. David Murphy<br>(Telemedicine)<br>358 Robson<br>Road<br>Leamington,<br>ON<br>N8H 0A5        | <ul style="list-style-type: none"> <li><b>Individual Therapy</b></li> <li><b>Forensic Psychotherapy</b></li> <li><b>Trauma Therapy</b></li> <li><b>Anger Management</b></li> <li><b>Couples Therapy</b></li> </ul>   | <p>Eligibility: Adults 18+<br/>How to apply: Call or email<br/><a href="mailto:drdavidmurphytherapy@gmail.com">drdavidmurphytherapy@gmail.com</a></p> <p>Business Line: 519-325-8865</p>         | <p>-Services covered by OHIP through OTN (Telemedicine)</p>  |

## Adult Resources

### Psychologists (Simcoe County)

| Psychologist   | Services Offered   | Eligibility and How to Apply  | Fees for Service   |
|--|--|---|--|
| Dr. Jacqueline Raynard<br>72 Ross Street,<br>Suite 16,<br>Barrie, ON | <ul style="list-style-type: none"> <li>Counselling and assessment services for children, adolescents and adults who are requiring <b>cognitive behavioural therapy, solution-focused therapy, emotion-focused therapy, motivational interviewing and training in mindfulness and relaxation techniques.</b></li> </ul> | Eligibility: Children/adolescents and adults.<br>How to apply: Call for an initial complimentary telephone consultation. Then a follow-up appointment will be scheduled accordingly.<br><br>Business Line: 705-790-8113<br><br>Website: <a href="http://barrie-psychologist.ca/">http://barrie-psychologist.ca/</a> | -\$170 per hour for psychotherapy.<br><br>-Most services covered by benefits plan. |