

Child and Youth Mental Health Resources
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Child/Youth Resources

<u>Community Resource Websites</u> (helpful websites to help navigate to support services in your community)			
Service	Additional Information	Contact	Website
211 Ontario	<ul style="list-style-type: none"> 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. 		www.211ontario.ca
ConnexOntario	<ul style="list-style-type: none"> ConnexOntario is a non-profit 24/7 helpline for adults and youth seeking addictions and mental health services. 		www.connexontario.ca
E-Mental Health	<ul style="list-style-type: none"> Find mental health resources in your community and throughout Canada. 		https://www.ementalhealth.ca/

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

Child/Youth Resources

<u>Walk-In/Support Counselling Resources</u>			
Service	Additional Information	Contact	Website
New Path Child/Youth Walk-In Counselling Services (Ages 0-17)	<ul style="list-style-type: none"> • Location: 165 Ferris Lane, Barrie, ON • Hours: Wednesday and Thursday 8:30am to 7:00pm (last appointment is at 5:30pm) • New Path’s Walk-In Counselling Clinic provides a single-session counselling and can also be your first step in accessing other New Path services. 	705-725-7656	https://newpath.ca/
Canadian Mental Health Association Child/Youth Walk-In Services	<ul style="list-style-type: none"> • Location: 134 Anne Street • Hours: Mondays 1:00 to 4:00pm • Counselling is available for youth (12 to 24) who are misusing substances and/or require support with symptoms of addiction, anxiety and depression. 	705-726-5033	https://cmhastarttalking.ca/youth/
Catholic Family Services of Simcoe County Walk-In Support	<ul style="list-style-type: none"> • Location: 20 Anne Street South, Barrie, ON. • Walk-In Hours (Wednesday and Thursday 1 to 7:30pm) • Catholic Family Services of Simcoe County is a non-profit organization offering professional counselling services and education for Individuals, family counselling, ages 12 + years. 	705-725-2503	https://cfssc.ca/
John Howard Society Youth Mental Health Walk-In Clinic	<ul style="list-style-type: none"> • Location: 80 Bradford Street, Suite 530 • Hours: Monday/Friday 9:30 to 4:00pm & Wednesday 11:00 to 5:00pm • Walk-in counselling for youth ages 12-24 who are experiencing a variety of mental health challenges. Youth do not need to be involved with the criminal justice system to access this service and they do not need a health card or a referral. 	705-828-5670	https://johnhoward.on.ca/muskoka/services/youth-mental-health-program/

Child/Youth Resources

Crisis Services

Service	Additional Information	Contact	Website
Crisis Line (24/7)	<ul style="list-style-type: none"> • Crisis workers will respond by telephone within 60 minutes of the first contact/call and plan for in-person contact as needed. • Support determination of continued level of risk for the child or youth. • Support building a plan for safety and continuing support to occur as needed. • Provide up to 6 sessions of intervention (based on Cognitive Behavioural Treatment) to support learning coping and problem solving skills. • Provide parents with positive parenting support (Triple P). • Provide information about children’s mental health services and provide referral information for community services and resources. 	705-728-5044 or 1-888-893-8333	https://cmhstarttalking.ca/youth/crisis-services/
Kids Help Phone	<ul style="list-style-type: none"> • Kids Help Phone is Canada’s only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. 	Phone: 1-800-668-6868 or Text CONNECT to 686868	https://kidshelpphone.ca/

Child/Youth Resources

<u>Support/Counselling Services</u>			
Service	Additional Information	Contact	Website
Catholic Family Services of Simcoe County	<ul style="list-style-type: none"> • Walk-In Hours (Wednesday and Thursday 1 to 7:30pm) • Location: 20 Anne Street South, Barrie, ON. • Catholic Family Services of Simcoe County is a non-profit organization offering professional counselling services and education for Individuals, family counselling, ages 12 + years. 	705-726-2503	https://cfssc.ca/
John Howard Society John Howard Society Youth Mental Health Walk-In Clinic	<ul style="list-style-type: none"> • Location: 80 Bradford Street, Suite 530 • Hours: Monday/Friday 9:30 to 4:00pm & Wednesday 11:00 to 5:00pm • Walk-in counselling for youth ages 12-24 who are experiencing a variety of mental health challenges. Youth do not need to be involved with the criminal justice system to access this service and they do not need a health card or a referral. 	705-828-5670	https://johnhoward.on.ca/muskoka/services/youth-mental-health-program/
Kinark Child and Family Services	<ul style="list-style-type: none"> • Kinark provides clinical assessment and intervention to some of Ontario's most complex and high-risk children and youth. • Services are provided in the areas of Child and Youth Mental Health, Autism, Forensic Mental Health, Youth Justice. 	Central Intake: 1-888-454-6275	https://www.kinark.on.ca/
Family Mental Health Initiative of Simcoe County	<ul style="list-style-type: none"> • Providing support through education, training and referrals to the family members of those individuals who have serious and persistent mental health difficulties. 	705-725-0363 or 1-800-324-3252	http://fmhi.ca/

Child/Youth Resources

<u>Support/Counselling Services</u>			
Service	Additional Information	Contact	Website
Simcoe County Coalition – Child and Youth Family Services	<ul style="list-style-type: none"> • 165 Ferris Lane, Barrie, ON • The Child, Youth and Family Services Coalition is a countywide alliance of organizations providing services to children, youth and their families in Simcoe County. 	705-238-6146	http://www.simcoecountycoalition.ca/
Youth Haven	<ul style="list-style-type: none"> • 22 Wellington Street East, Unit 20, Barrie, ON • To support youth experiencing homelessness by providing safe shelter, programs and services in an atmosphere of respect and dignity. 	705-739-7616	https://youthhaven.ca/
Simcoe Muskoka Regional Child and Youth Mental Health Program (Royal Victoria Hospital)	<ul style="list-style-type: none"> • The Child and Youth Mental Health Inpatient unit and Day Program provides care for children and youth up to the age of 18 who are experiencing crisis due to urgent mental health difficulties that may result in self-harm or pose a risk to others. 	705-728-9090 (ask for the Child/Youth Mental Health Inpatient and Day Program)	https://www.rvh.on.ca/mhad/SitePages/cymh.aspx
Elizabeth Fry Society of Simcoe County	<ul style="list-style-type: none"> • Location: 102 Maple Avenue, Barrie, ON • To support, advocate for, and empower individuals at risk, to enrich their lives and to inspire positive change in our community. 	Business Line: 705-725-0613 Hotline: 705-725-0613 Ext. 0 (Mon-Sun 24 hours)	http://elizabethfrysociety.com/

Child/Youth Resources

<u>Support/Counselling Services</u>			
Service	Additional Information	Contact	Website
Simcoe Muskoka Family Connexions (Children's Aid)	<ul style="list-style-type: none"> • Services include child protection, family support, family creation through adoption, kinship, customary care and foster care, and in our Muskoka branches, we offer children's mental health services. • 	1-800-461-4236	https://familyconnexions.ca/
School Success Program Barrie and Community Family Health Team Program	<ul style="list-style-type: none"> • Location: 370 Bayview Drive, 3rd Floor, Barrie, ON • The School Success Program assesses and supports public, French and Catholic elementary school students and their families. • A student may be connected to the School Success Program if they are: an elementary school student in Barrie, have a primary care provider (family physician or nurse practitioner, and are experiencing a physical or mental health challenge that is impacting their success at school. This includes: learning, development, social, emotional and behavioral issues. • The School Success Team includes, two nurses, a social worker, an occupational therapist and 6 consulting paediatricians. They work in partnership with the student and their family, the student's primary care provider and the school to collect the information needed to fully understand where the challenges exist, and how to best meet the needs of the student. • This program can be initiated by the student's school or the primary care provider. • If the student's primary care provider thinks that they would benefit from out direct assessment and services, he or she will refer for a: Paediatric Assessment, Supportive Counselling, Worker or Occupational Therapist. 	Admin: 705-721-0370 Ext. 2501	

Child/Youth Resources

LGBTQ Resources

Service	Additional Information	Contact	Website
The Gilbert Centre (LGBTQ and HIV Support)	<ul style="list-style-type: none"> • 555-80 Bradford Street, Barrie, ON • 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. • 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. 	705-722-6778	http://www.gilbertcentre.ca/
North Simcoe Muskoka Trans Health Services	<ul style="list-style-type: none"> • 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. • 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. 	705-739-3649 Ext. 391	https://www.cfht.ca

Child/Youth Resources

Trauma Services

Service	Additional Information	Contact	Website
Athena's Sexual Assault Counselling and Advocacy Centre	<ul style="list-style-type: none"> Committed to providing shelter, counselling and support to women identified individuals and their children, who have experienced abuse. 	Crisis Line: 1-800-987-0799 (South Simcoe) Or 1-800-461-750 (North Simcoe)	http://www.huroniatransitionhomes.ca/
Cedar Centre	<ul style="list-style-type: none"> Location: 17705 Leslie Street, Unit 12, Newmarket, ON 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. 	1-800-263-2240	www.cedarcentre.ca
Women and Children's Shelter of Barrie	<ul style="list-style-type: none"> The Women & 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. 	Shelter Crisis Line: 705-728-8544 or 1-800-461-1716 Outreach Services: 705-721-9977	http://barrieshelter.com/

Child/Youth Resources

Addiction Resources

Service	Additional Information	Contact	Website
Canadian Mental Health Association Child/Youth Walk-In Services	<ul style="list-style-type: none"> • Location: 134 Anne Street Barrie, On (Mondays 1-4pm) • Location: 90 Mulcaster Street, Barrie, ON (Monday to Friday 9-4pm) • Counselling is available for youth (12 to 24) who are misusing substances and/or require support with symptoms of addiction, anxiety and depression. • 	705-726-5033	https://cmhastarttalking.ca/youth/drop-in-services/
Anon / Alateen Family Groups	<ul style="list-style-type: none"> • Alateen is a peer support group for teens who are struggling with the effects of someone else's problem drinking. 		https://al-anon.org/
Barrie Native Friendship Centre	<ul style="list-style-type: none"> • Location: 175 Bayfield Street, Barrie, ON • The Aboriginal Healing & Wellness program provides services to families and individuals working to end family violence. • 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. 	705-721-7689	https://www.barriefc.ca/
ConnexOntario	<ul style="list-style-type: none"> • ConnexOntario provides treatment service information for people experiencing problems with gambling, drugs, alcohol, and/or mental health. 	1-866-531-2600	https://www.connexontario.ca/

Child/Youth Resources

<u>Bereavement Resources</u>			
Service	Additional Information	Contact	Website
Rainbows Canada	<ul style="list-style-type: none"> • Location: 80 Bradford Street, Suite 545 Barrie, ON • National, non-profit peer to peer support program to help children, youth and adults process grief related to divorce, death and other family loss. 	705-726-7407	https://www.rainbows.ca/
Seasons Centre for Grieving Children	<ul style="list-style-type: none"> • Location: 38 McDonald Street, Barrie, ON • Peer-to-peer support programs in a safe home-like atmosphere for children, teens, young adults and their families grieving the death or life-threatening illness of a loved one. 	705-721-5437	www.grievingchildren.com
Adams Funeral Home	<ul style="list-style-type: none"> • Location: 445 St. Vincent Street, Barrie, ON • Provides support during the funeral, but afterwards as well, especially through the difficult days that may follow. • Grief and Bereavement Seminars and one on one counselling are available for the grieving. This service is available to the community. 	705-728-4344	https://www.adamsfuneralhome.ca/
The Centre for the Grief Journey (Dr. Bill Webster, Grief Counsellor)	<ul style="list-style-type: none"> • 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. • Resources utilizing a variety of media are available on Dr. Bill Webster's website. 		https://griefjourney.com/about/meet-dr-bill-webster-2/

Child/Youth Resources

<u>Child / Youth Parenting Resources</u>			
Service	Additional Information	Contact	Website
Health Connection – Simcoe Muskoka District Health Unit	<ul style="list-style-type: none"> 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. 	705-721-7520 or 1-877-721-7520	http://www.simcoemuskokahealth.org/
Triple P – Positive Parenting Program	Free parenting tips and info about local parenting programs. Online Triple P program available for \$80.		www.triplep-parenting.ca
Kinark Child and Family Services	<ul style="list-style-type: none"> Kinark provides clinical assessment and intervention to some of Ontario's most complex and high risk children and youth. Services are provided in the areas of Child and Youth Mental Health, Autism, Forensic Mental Health/Youth Justice. 	Central Intake: 1-888-454-6275	https://www.kinark.on.ca/
New Path Child and Family Services	<ul style="list-style-type: none"> Location: 165 Ferris Lane, Barrie, ON Hours: Wednesday and Thursday 8:30:00 to 7:00pm (last appointment is at 5:30pm) This client-centered program is for children, youth and families who require greater support than what is provided in the Walk -In Clinic. Counselling will focus on the development of strategies to effectively cope with their presenting concerns. A maximum of 3 sessions is offered within a 2 month time frame. 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. 	Central Intake: 705-725-7656	https://newpath.ca/

Child/Youth Resources

<u>Self-Help, Wellness and Mindfulness Resources</u>			
Service	Additional Information	Contact	Website
Anxiety Canada	<ul style="list-style-type: none">• Self-help resources to manage anxiety.		https://www.anxietycanada.com/
Shared Care	<ul style="list-style-type: none">• Child and Youth mental health resources and tool kits.		http://www.shared-care.ca/

Child/Youth Resources

Psychiatry (Face to Face Consultations - Barrie and Community Family Health Team)

Psychiatrist	Services Offered	Eligibility and How to Apply	Fees for Service
<p>Dr. Sudhir Rajkhowa 151 B Dunlop Street East, Barrie, ON</p> <p style="text-align: center;">Barrie and Community Family Health Team Program</p>	<ul style="list-style-type: none"> • Provides psychiatric consultations for both children/youth and adults. • Psychiatric Services: Psychiatric consultation, psychiatric follow-up, medication prescription and medication review. • Psychology Services: Testing and evaluation services offered. Cognitive Behavioural Therapy and Dialectical Behavioral Therapy offered. • Other Services: Providing assessments after accidents and injuries, detox supervision and medical consultations. 	<ul style="list-style-type: none"> • 705-719-7171 • http://brainbehaviour.ca/ • Referral required by the patient's family physician through the Barrie and Community Family Health Team. 	<ul style="list-style-type: none"> • Fees covered by OHIP • Extra fees may apply, depending on other testing that may be required.

Child/Youth Resources

Psychiatry (Face to Face Consultations - Simcoe County)

Psychiatrist	Services Offered	Eligibility and How to Apply	Fees for Service
Royal Victoria Hospital (Mental Health Ambulatory Services)	<ul style="list-style-type: none"> • Provides short-term consultation and stabilization for patients 16 and above. • Consultation for medication review is provided. • Diagnostic clarification or short-term management. 	<ul style="list-style-type: none"> • Contact: 705-728-9090 Ext. 47210 • Fax: 705-739-5631 • Referrals from community physicians are accepted from the greater Barrie area. • Physician Referral Form: <p>https://www.rvh.on.ca/mhad/SitePages/mhadhome.aspx</p>	<ul style="list-style-type: none"> • Covered by OHIP
Dr. Marcia Benjamin 15 Gallie Court, Suite 210, Barrie, ON	<ul style="list-style-type: none"> • Provides psychiatric consultation and follow-up for patients between the ages of 4 to 15 years old. • Provides psychotherapy including CBT and DBT for patients experiencing various mood disorders. 	<ul style="list-style-type: none"> • Contact: 705-728-9843 • Fax: 705-728-8476 • Fluent in French (Bilingual) • Referrals from community physicians and paediatricians in the greater Barrie area are accepted. 	<ul style="list-style-type: none"> • Covered by OHIP
Dr. Tim Bilkey 245 Bayfield Street, Barrie, ON	<ul style="list-style-type: none"> • Provides psychiatric services for adolescents and adults who are in need of assessment and treatment of ADHD. 	<ul style="list-style-type: none"> • Contact: 705-728-2867 • Fax: 705-728-6987 • A family doctor's office will need to fill out the assessment form on Dr. Bilkey's website and then fax accordingly. • Website: http://www.timbilkeymd.com/ 	<ul style="list-style-type: none"> • Assessment fees will apply

Child/Youth Resources

Psychiatry (Telemedicine – Barrie and Community Family Health Team)

Psychiatrist	Services Offered	Eligibility and How to Apply	Fees for Service
<p>Dr. Templeman (Virtual Emergency Room – Telepsychiatry)</p> <p>Barrie and Community Family Health Team Program</p>	<ul style="list-style-type: none"> Provides a one-time consultation for children/youth up to the age of 17 years who are seeking assessment or consultation in general psychiatry via videoconference. 	<ul style="list-style-type: none"> https://www.doctortempleman.com/ Dr. Templeman’s program specific referral to be filled out in full and tasked to MH Office Admin in Accuro. Parent/Caregiver and Teenager must be given the VER Questionnaires to fill out and return to 370 Bayview Drive, 3rd Floor (Wellness Counselling). The referral and questionnaires once received will then be sent to the OTN Coordinator for further processing and an appointment. Once this appointment has been made, the OTN Coordinator will be in direct contact with the patient and/or guardian. 	<ul style="list-style-type: none"> Covered by OHIP

Child/Youth Resources

Psychologists (Simcoe County)

Psychologist	Services Offered	Eligibility and How to Apply	Fees for Service
Dr. Ken Marek 14 Debra Cres Barrie ON L4N 3T1	Offering service for individual, couple, adolescents, children and marriage and family counselling. <ul style="list-style-type: none"> • Specializes in counselling for First Responders, Veterans, WSIB psychological assessments (educational, personality and vocational). • Psychological assessments (educational, personality and vocational) • Performance enhancement 	Eligibility: Ages: 5 year(s) and up; How to apply: <ul style="list-style-type: none"> • Referral from other professionals or self-referred • To qualify for extended health coverage, some plans may require referral from a medical doctor Business Line: 705-734-9742 After Hours: 705-722-4960	-Extended health coverage and insurance sometimes covers psychological services -May offer reduced fees depending on the circumstances, call for information -Not covered by OHIP ; Accepts WSIB and Veterans Affairs
Dr. Dianne Maing 48 Alliance Blvd, Unit A203 Barrie, ON L4M 5K3	<ul style="list-style-type: none"> • Psychotherapy, clinical assessments, and Psychoeducational (learning) assessments for children, youth and adults experiencing anxiety, depression, school and work-related issues, trauma and OCD. 	Eligibility: 6 year(s) and up How to apply <ul style="list-style-type: none"> • Call for appointment • Self-referral Referral by professional Business Line: 705-970-3891	-May be covered by extended health care benefits -Sliding scale where applicable
Dr. Tim Smith 11 Ferris Lane, Studio 2 Barrie, ON L4M 5N6	<ul style="list-style-type: none"> • Counselling and assessment services for children, teens, and adults * counselling to help overcome 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. 	Eligibility: Ages: 6 year(s) and up; How to apply: Appointment, contact by phone or email to set up initial appointment * can be self referred Business Line: 705-727-1529	-\$160 per hour with sliding fee scale possible -Most services covered by private insurance plans ; Fee assistance available ; assistance is provided by subsidy

Child/Youth Resources

Psychologists (Simcoe County)

Psychologist	Services Offered	Eligibility and How to Apply	Fees for Service
<p>Dr. Andrea Guthrie Lakeview Psychology 11 Lakeside Terrace Barrie, ON L4M 0H9</p>	<ul style="list-style-type: none"> • Providing intervention services that can address a wide range of mental health difficulties. • Using a wide range of treatment modalities, including Psychodynamic Therapy, Cognitive Behavioral Therapy (CBT), and Exposure Therapy for Anxiety Disorders, Dialectical Behavior Therapy (DBT), Supportive Psychotherapy, Client Centered and Experiential Therapy. 	<p>Eligibility: Children, adolescents and adults. How to apply: Call for a brief phone consultation before the initial intake appointment. Business Line: 705-998-0575</p>	<p>-The fee for therapy is based on guideline recommendations outlined by the Ontario Psychological Association (OPA). -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>
<p>Dr. Jacqueline Raynard 72 Ross Street, Suite 16, Barrie, ON</p>	<ul style="list-style-type: none"> • Counselling and assessment services for children, adolescents and adults who are requiring cognitive behavioural therapy, solution-focused therapy, emotion-focused therapy, motivational interviewing and training in mindfulness and relaxation techniques. 	<p>Eligibility: Children, adolescents and adults. How to apply: Call for an initial complimentary telephone consultation. Then a follow-up appointment will be scheduled accordingly. Business Line: 705-790-8113 Website: http://barrie-psychologist.ca/</p>	<p>- \$170 per hour for psychotherapy. -Most services covered by benefits plan.</p>