

Adult Mental Health Resources

Table Of Contents

Community Resource Websites	Page 1
Online Counselling Resources	Page 1
Walk-In Support/Counselling Resources	Page 2
Crisis Services	Page 3
Support/Counselling Services	Page 4, 5, 6, 7, 8
Addiction Services	Page 9, 10, 11
Trauma Services	Page 12
Parenting Resources	Page 13, 14
Eating Disorder Resources	Page 15, 16
LGBTQ Resources	Page 17
Postpartum Resources	Page 18
Bereavement Resources	Page 19, 20, 21
Physiotherapy and Healthy Living Resources	Page 22
Self-Help, Wellness and Mindfulness Resources	Page 23
Psychiatry (Face to Face Consultations - Barrie and Community Family Health Team)	Page 24
Psychiatry (Face to Face Consultations - Simcoe County)	Page 25
Psychiatry (Telemedicine – Barrie and Community Family Health Team)	Page 26
Psychologists (Simcoe County)	Page 27, 28, 29

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"> 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/

Online/Telephone Mental Health Support Resources

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.ca

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"> • 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/
Canadian Mental Health Association On-Duty Walk-In Service	<ul style="list-style-type: none"> • Hours: Monday to Friday 9 to 4pm • Location: 90 Mulcaster Street, Barrie, ON. • 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. • Walk-in or telephone support available. 	705-726-5033 (Monday to Friday 9 to 5)	https://cmhastarttalking.ca/adult-services/walk-in-services/me.aspx

Adult Resources

Crisis Services

Service	Additional Information	Contact	Website
Crisis Line (24/7)	<ul style="list-style-type: none"> • 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. • 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. 	705-728-5044 or 1-888-893-8333	https://cmhastarttalking.ca/
Royal Victoria Hospital Mental Health & Addiction Crisis Services	<ul style="list-style-type: none"> • 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. 	705-728-9090 Ext 47274 (Not a crisis line) Please present to the emergency department	https://www.rvh.on.ca

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"> Hours: Monday to Friday 9 to 4pm Location: 90 Mulcaster Street, Barrie, ON. 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. 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. 	705-726-5033 (Monday to Friday 9 to 5)	https://cmhastarttalking.ca/adult-services/walk-in-services/
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	<ul style="list-style-type: none"> Location: 80 Bradford Street, Unit 336 Barrie, ON 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. 	705-733-0683	https://johnhoward.on.ca/

Adult Resources

<u>Support/Counselling Services</u>			
Service	Additional Information	Contact	Website
Collingwood General and Marine Hospital Community Mental Health Services	<ul style="list-style-type: none"> • A multidisciplinary team made up of Psychiatrists, Psychotherapists and Mental Health Therapists • Services that are offered are assessments and on-going follow up with individualized treatment and /or group programs, perinatal consultations and treatment, as well as Inpatient geriatric consultations and treatment. 	705-444-6600 ext. 7227	https://www.cgmh.on.ca/programs-services/mental-health-services
Orillia's Soldier's Memorial Hospital Mental Health and Addiction Program	<ul style="list-style-type: none"> • Provides assessment, treatment and ongoing support to people 16 years of age and older and their families in the community with mental illness, addictions and mental health problems. • Services that are offered are Crisis Response, Acute Out-Patient Services, Community Mental Health Services, Day Hospital, In Patient Services and Perinatal Mental Health Services. 	705-325-2201	https://www.osmh.on.ca/mental-health/
Stevenson Memorial Hospital - Alliston Mary McGill Community Mental Health Centre	<ul style="list-style-type: none"> • Provides individual and group services offered using a variety of modalities including cognitive behavior therapy (CBT) and mindfulness meditation approaches. • Services that are offered are individual counselling and group counselling, consultative psychiatric services (physician referral required) and crisis services for aged 16+. 	705-435-6281	http://www.stevensonhospital.ca/index.html Service Access: <ul style="list-style-type: none"> - Physician referral for psychiatry - Self-referral for same/next day crisis, counselling and group.

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"> 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. 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. 	705-728-9090 Ext. 47210	https://cmhastarttalking.ca/adult-services/walk-in-services/
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/
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 Muskoka branches children's mental health services are offered. 	1-800-461-4236	https://familyconnexions.ca/
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 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 & 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. 	Business Line: 705-725-0613 Hotline: 705-725-0613 Ext. 0 (Mon-Sun 24 hours)	http://elizabethfrysociety.com/

Adult Resources

<u>Support/Counselling Services</u>			
Service	Additional Information	Contact	Website
Wendat Community Support Programs - Midland	<ul style="list-style-type: none"> Serving both seniors with care needs and adults with mental health needs. Services that are offered include a variety community support, treatment and rehabilitation programs. 	705-526-1305	https://www.wendatprograms.com/
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/
B'Saanibamaadsiwin (Aboriginal Mental Health Program) Muskoka - Canadian Mental Health Association	<ul style="list-style-type: none"> The Aboriginal Program is committed to practicing First Nation, Inuit, and Metis mental wellness care that is culturally safe. Our program provides assessment, referral, crisis, and counselling services. These services will work together with the client in understanding individual values, customs, and beliefs, be helpers on the healing path and will meet you where you are at in your healing without judgment. 	705-746-2512	https://mps.cmha.ca/programs-services/bsaanibamaadsiwin-aboriginal-mental-health-program-2/
Muskoka - Perry Sound Community Mental Health Services	<ul style="list-style-type: none"> For individuals in need of finding resources and access to CMHA services and programs in the Muskoka and Parry Sound area. Services and programs that are offered include: Adult Protective Services, Assertive Community Treatment Team, Back on Track, Case Management, Council of Consumer/Survivor and Family Initiatives, Counselling Services, Crisis Intervention, Diversion and Court Support and Early Intervention Psychosis Program. 	Bracebridge Office: 705-645-2262 Toll Free: 1-800-245-5036	https://mps.cmha.ca/

Adult Resources

<u>Support/Counselling Services</u>			
Service	Additional Information	Contact	Website
(IASP) – Increasing Access To Structured Psychotherapy – North Simcoe Muskoka	<ul style="list-style-type: none"> 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). IASP Referrals can be found in Accuro and be faxed to the IASP's regional intake office at Waypoint. 	1-877-341-4729 Fax: 705-549-7330	http://www.waypointcentre.ca/

Adult Resources

Addiction Services

Service	Additional Information	Contact	Website
Canadian Mental Health Association Addiction Services	<ul style="list-style-type: none"> 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. The individual counselling program is a voluntary, self-referral process, which means clients must make contact directly to become registered. Other services within Addiction Services are: <ul style="list-style-type: none"> Adult Group Therapy Programs Opioid Treatment Program Umbrellas Treatment Program Problem Gambling Program Community Withdrawal Management Inpatient Treatment Referrals 	705-726-5033 Ext. 438	https://cmhastarttalking.ca/
Royal Victoria Hospital Residential Withdrawal Management Service	<ul style="list-style-type: none"> Residential Withdrawal Management Service helps individuals 16 years and older, begin their recovery in a safe and therapeutic environment (average stay 3-5 days). Residential Withdrawal Management Service provides: Non-medical co-ed residential withdrawal management service An immediate and nurturing support system throughout the withdrawal process Individual and group counseling sessions encouraging personal responsibility and accountability Inter-professional model of care - An interdisciplinary healthcare team. 	705-728-4226	https://www.rvh.on.ca/mhad/SitePages/addiction%20services.aspx
Overeaters Anonymous – Central Ontario	<ul style="list-style-type: none"> A program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. Worldwide meetings and other tools provide a fellowship of experience, strength and hope 		https://www.oaontario.org/

Adult Resources

Addiction Services

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

Adult Resources

Addiction Services

Service	Additional Information	Contact	Website
<p>Georgianwood Concurrent Disorders Program</p> <p>Waypoint Centre for Mental Health Care</p>	<ul style="list-style-type: none"> The Georgianwood Program for Concurrent Disorders is a three-month residential program for people with both a substance use disorder and a mental illness. Treatment includes: cognitive behavioural therapy for major depression and anxiety disorders, skills training for major mental illnesses such as schizophrenia, <i>Seeking Safety</i> for concurrent post-traumatic stress disorder, relapse prevention, motivational interviewing and self-help group facilitation (e.g. AA, NA). 	<p>Central Intake:</p> <p>1-705-549-3181 ext. 2308</p> <p>Or</p> <p>1-877-341-4729</p>	<p>http://www.waypointcentre.ca/programs_and_services</p>
<p>ASYR – Addiction Services for York Region</p> <p>(Community Withdrawal Management Services)</p>	<ul style="list-style-type: none"> Community Withdrawal Management Services (CWMS) program provides professional, non-medical counselling services to clients experiencing substance dependence, who have a goal of abstinence. This service is offered to people who: <ul style="list-style-type: none"> Live in York Region Are 16 years old or older Are medically stable Apply voluntarily Want to stop their dependent use of substances 	<p>1-905-841-7007</p> <p>Or</p> <p>1-800-263-2288 ext. 322</p>	<p>https://www.asyr.ca/programs/</p>

Adult 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
The Trauma Centre	<ul style="list-style-type: none"> Location: 18642 Leslie Street, Sharon, ON 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. 	1-905-478-8826	http://www.thetraumacentre.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/
Prevention of Senior Abuse	<ul style="list-style-type: none"> 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. 	Senior Safety Line: 1-866-299-1011	https://psan-sc.ca/

Adult Resources

Parenting Resources

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 8:30am to 7:00pm (last appointment 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/

Adult Resources

Parenting Resources

Service	Additional Information	Contact	Website
Ontario Early Years Centre	<ul style="list-style-type: none"> The EarlyON Centres, offer families/care providers with children prenatal through 6 years, a range of core services which can assist them in their parenting or caregiving role as well as provide a safe environment where children can experience a variety of learning activities and practice new found skills. The activities include creative experiences, science and math experiences, circle time, snack time, activities that promote literacy and experiences that promote social and emotional development. 	705-726-9082	https://empowersimcoe.ca/earlyon-child-family-centres/
APSGO (Association of Parent Support Groups of Ontario)	<ul style="list-style-type: none"> APSGO Inc. is an organization founded by parents, for parents and run exclusively by parents. Through weekly meetings, workshops and this web site, APSGO Inc. provides a completely non-judgmental community where parents of disruptive sons and daughters learn practical and proven techniques to help them and their children. Meetings are run by trained and skilled parents who have first-hand experience of the compelling evidence of the value of APSGO's approach. 	1-800-488-5666	http://apsgo.ca/index.php
Behaviour Management Services of Simcoe County	<ul style="list-style-type: none"> This program provides a range of behavioural services to children who have developmental disability with a significant cognitive delay and their families. Services include: Assessment of problem behaviour and treatment recommendations and implementation training. 	705-728-9143	
Children's Treatment Network	<ul style="list-style-type: none"> This program intake, service navigation and coordinated service planning, assessment and diagnostic services, specialized clinics and rehabilitation services, including physiotherapy, occupational therapy and speech language therapy. 	1-866-377-0286	https://www.ctnsy.ca/

Adult Resources

<u>Eating Disorder Resources</u>			
Service	Additional Information	Contact	Website
National Eating Disorder Information Centre	<ul style="list-style-type: none"> NEDIC's uniquely designed Outreach and Education Program is for people of all ages from all walks of life. The presentations address eating disorders and related issues, build critical thinking and positive self-esteem and promote healthy, balanced lifestyles. 	1-866-633-4220	http://nedic.ca/
Sheena's Place	<ul style="list-style-type: none"> Offering hope and support to anyone 17+ affected by an eating disorder, as well as their families and friends, by providing a wide range of professionally facilitated support groups and services such as body image groups, skill building groups and expressive art groups. This service is completely free of charge. 	416-927-8900	https://sheenasplace.org/
Edgewood Health Network (Bellwood)	<ul style="list-style-type: none"> A six-week cycle, sample group topics include an introduction to eating disorders, addressing and changing behaviours, motivational work and readiness for change, emotion regulation skills, assertiveness and interpersonal skills, food and nutrition, body image, and relapse prevention. This group is open to those with Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and other eating disorders including non-specific eating disorders or undiagnosed eating disorders. 	1-866-926-4196	https://edgewoodhealthnetwork.com/
Trillium Health Partners	<ul style="list-style-type: none"> The Eating Disorders Program is a Provincial program offering inpatient, daypatient, transition and outpatient treatment to individuals who are directly affected by an eating disorder. 	1-866-377-0286	http://trilliumhealthpartners.ca

Adult Resources

<u>Eating Disorder Resources</u>			
Service	Additional Information	Contact	Website
Danielle's Place	<ul style="list-style-type: none"> A not-for-profit organization serving ages 14 and up. 	905-333-5548	http://www.daniellesplace.org/
Toronto General Hospital Eating Disorder Program	<ul style="list-style-type: none"> Offering a comprehensive assessment and intensive treatment to individuals 17 years or older with anorexia nervosa, bulimia nervosa or other forms of disordered eating. (Our program does not offer treatment for obesity or binge eating disorder.) 	416-340-3041	https://www.uhn.ca
Southlake Regional Health Centre Young Adult Eating Disorders Program	<ul style="list-style-type: none"> Provides out-patient treatment to young adults between the ages of 18 and 25 living in York Region and South Simcoe County. The program serves to meet the needs of individuals who transition from the Child & Adolescent Eating Disorders Program, as well as community members referred directly by their family physician. The program provides services to individuals and families affected by anorexia nervosa, bulimia nervosa, or eating disorders not otherwise specified. 	1-905-895-4521 ext. 2825	http://www.southlakeregional.org/

Adult Resources

LGBTQ Resources

Service	Additional Information	Contact	Website
The Gilbert Centre (LGBTQ & 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

Adult Resources

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

Adult Resources

<u>Bereavement Resources</u>			
Service	Additional Information	Contact	Website
Hospice Simcoe	<ul style="list-style-type: none"> Location: 130 Bell Farm Rd, Unit 1, Barrie, ON Hospice Simcoe provides emotional, spiritual and psychosocial support to individuals, families and agencies, who are anticipating a death or experiencing grief due to loss of a loved one or friend. This support is available whether or not you have had previous contact with Hospice Simcoe. 	705-725-1140	https://www.hospicesimcoe.ca/grief-bereavement-program/
Hospice Orillia	<ul style="list-style-type: none"> Services are offered to anyone living with a life-limiting illness or their friends/family members/caregivers. We provide ongoing support from the time of someone's diagnosis, including providing bereavement support after a death. Our clients are 16 years of age or older and live in our service area. 	705-325-0505	http://www.hospiceorillia.ca/
Matthews Hospice House - Alliston	<ul style="list-style-type: none"> Hospice care intends to improve the quality of life for those individuals living with a life-limiting illness or nearing the end of life. Services are extended to the individual in need of care as well as their friends, family, caregivers and support groups. 	705-435-7218	https://www.matthewshousehospice.ca/
Perinatal Bereavement Services Ontario	<ul style="list-style-type: none"> Offers self-help support groups and 1:1 support to individuals who have experienced a miscarriage, ectopic pregnancy, stillbirth, medical termination or neonatal death. 		http://www.pbso.ca/

Adult Resources

<u>Bereavement Resources</u>			
Service	Additional Information	Contact	Website
Pregnancy and Infant Loss Network (PAIL)	<ul style="list-style-type: none"> 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"> First trimester loss / early pregnancy loss Termination of pregnancy / interruption of pregnancy Stillbirth Neonatal death Infant death due to SIDS/SUIDS' 	1-888-303-7245	https://pailnetwork.sunnybrook.ca//
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 anyone in 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/

Adult Resources

Bereavement Resources

Service	Additional Information	Contact	Website
Grief Share	<ul style="list-style-type: none">An online directory of grief support group for people who have experienced the loss of a loved one.		https://www.griefshare.org
Orillia Grief Resources Network	<ul style="list-style-type: none">A network of individuals and organizations of Orillia and area that provide palliative and bereavement resources.		https://griefjourney.com/about/meet-dr-bill-webster-2/

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"> • Location: 490 Huronia Road, Barrie, ON • Social work program providing counselling and support, CBT, Anxiety Support Program, Expressive Arts program • 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. • Living Healthy with Chronic Conditions programs • 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. 	705-734-9690	http://www.bchc.ca/
Skill Builders	<ul style="list-style-type: none"> • 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. 	705-727-0319	https://www.skillbuildersrehab.com/

Adult Resources

<u>Self-Help, Wellness and Mindfulness Resources</u>			
Service	Additional Information	Contact	Website
Integrative Stress Management Program	<ul style="list-style-type: none"> The Integrative Stress Management Program is a Barrie mindfulness based course open to the public. Under the direction of Dr Gerald Levine,MD,CCFP, the program offers a 7 week in-person course in the spring and autumn. There are also internet-based private sessions available. Participants can self refer or there is a form in Accuro under Specialists and others! We can help with management of chronic stress, anxiety, depression, pain and PTSD. Please visit 	705-721-6934	http://managestress.ca/
The Center For Inner Freedom	<ul style="list-style-type: none"> 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. 	705-722-7171	https://www.centerforinnerfreedom.com/
Centre for Clinical Interventions	<ul style="list-style-type: none"> 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. 		https://www.cci.health.wa.gov.au/
Enaahitig Healing Lodge and Learning Centre	<ul style="list-style-type: none"> Provides opportunities for holistic healing and learning based on the principles of Aboriginal culture, to individuals in a safe environment in order to foster healthy, balanced communities and nations. 	705-534-3724	http://www.enaahitig.ca/
Anxiety Canada	<ul style="list-style-type: none"> Self-help resources to manage anxiety. 		https://www.anxietycanada.com/
Candlelighters Simcoe	<ul style="list-style-type: none"> Candlelighters Simcoe provides programs and services for children families impacted by childhood cancer 		https://www.candlelighterssimcoe.ca/

Adult 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. David Seevaratnam 400 Bayfield Street (Kozlov Mall, Suite 240) Barrie, ON</p> <p>Barrie and Community Family Health Team Program</p>	<ul style="list-style-type: none"> Provides a one-time psychiatric consultation for adults 18+, who are struggling with anxiety, depression, and bipolar disorders. He does <u>not</u> specialize in ADHD and Autism. 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. 	<ul style="list-style-type: none"> Contact: 705-725-8105 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
<p>Dr. Sudhir Rajkhowa 151 B Dunlop Street East, Barrie, ON</p> <p>Barrie and Community Family Health Team Service</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"> Contact: 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.

Adult 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. Peter Kraus 190 Cundles Road East, Suite 309, Barrie, ON	<ul style="list-style-type: none"> Provides psychiatric services for individuals 18+, who are seeking an assessment or consultation for various mood disorders. 	<ul style="list-style-type: none"> Contact: 705-737-4641 Fax: 705-737-9605 A family doctor's referral is required and can be faxed to his office. Once triaged, the office will contact the patient with an appointment. 	<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
Dr. Luzcak 49 High Street Barrie, ON		<ul style="list-style-type: none"> Contact: 705-721-7813 	

Adult Resources

Psychiatry (Telemedicine – Barrie and Community Family Health Team)			
Psychiatrist	Services Offered	Eligibility and How to Apply	Fees for Service
Prompt Care Clinic (Ontario Shores) Barrie and Community Family Health Team Service	<ul style="list-style-type: none"> Provides a one-time psychiatric consultation for adults 18+. 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. A psychiatrist and nurse or social worker provide clinical assessments and a care plan for follow-up or shared care in the community. 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. 	<ul style="list-style-type: none"> https://www.ontarioshores.ca/cms/One.aspx?pagelid=1974 Contact: 1-877-767-9642 Fax: 1-905-430-4000 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). 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. Ontario Shores will contact the patient with an appointment. Wait times vary from 3 to 6 weeks once the referral has been processed. 	<ul style="list-style-type: none"> Covered by OHIP
CAMH Telepsychiatry Barrie and Community Family Health Team Service	<ul style="list-style-type: none"> Provides a one-time psychiatric consultation for adults 18+ who are seeking assessment or consultation in general psychiatry via videoconference. Adult ADHD screening and consultation. Military PTSD consultations as well as regular PTSD consultations. Geriatric mental health consultations. Adult autism screening and consultation 	<ul style="list-style-type: none"> https://www.camh.ca/en/your-care/programs-and-services/telemental-health Contact: Deb Hill (OTN Coordinator) Contact: 705-792-4244 Doctor's referral required (CAMH referral is located under the forms section of Accuro). Once completed, please task to Telemedicine (in Accuro) for processing and an appointment. Once an appointment has been made, the OTN Coordinator will contact the patient directly. 	<ul style="list-style-type: none"> Covered by OHIP

Adult 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. Gwen Jenkins 164 Innisfil Street, Unit 103 Barrie, ON L4N 3E7	<ul style="list-style-type: none"> • Assesses and diagnoses problems in thinking, feeling and behavior. • Helps people overcome or manage trauma-related disorders such as Post Traumatic Stress Disorder, Adjustment Disorder also anxiety-related disorders such as panic attacks, chronic worries, mood disorders such as depression and life stressors such as health concerns, career changes, relationship issues. 	Eligibility: Ages: 18 year(s) - 65 year(s) How to Apply <ul style="list-style-type: none"> • Call or email Business Line: 705-220-5087	-Sliding scale based on income and nature of the service to be provided * fees discussed prior to beginning treatment.

Adult Resources

Psychologists (Simcoe County)

Psychologist	Services Offered	Eligibility and How to Apply	Fees for Service
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
Dr. Andrea Guthrie Lakeview Psychology 11 Lakeside Terrace Barrie, ON L4M 0H9	<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. 	Eligibility: Children, adolescents and adults. How to apply: Call for a brief phone consultation before the initial intake appointment. Business Line: 705-998-0575	-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
Dr. David Murphy (Telemedicine) 358 Robson Road Leamington, ON N8H 0A5	<ul style="list-style-type: none"> Individual Therapy Forensic Psychotherapy Trauma Therapy Anger Management Couples Therapy 	Eligibility: Adults 18+ How to apply: Call or email drdavidmurphytherapy@gmail.com Business Line: 519-325-8865	-Services covered by OHIP through OTN (Telemedicine)

Adult Resources

Psychologists (Simcoe County)

Psychologist	Services Offered	Eligibility and How to Apply	Fees for Service
Dr. Jacqueline Raynard 72 Ross Street, Suite 16, Barrie, ON	<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.</p> <p>How to apply: Call for an initial complimentary telephone consultation. Then a follow-up appointment will be scheduled accordingly.</p> <p>Business Line: 705-790-8113</p> <p>Website: http://barrie-psychologist.ca/</p>	<p>-\$170 per hour for psychotherapy.</p> <p>-Most services covered by benefits plan.</p>