

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.ca
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. 	1-800-668-6868	https://kidshelpphone.ca/

Child/Youth Resources

Walk-In/Support Counselling Resources

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/

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

Support/Counselling Services

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. 	705-828-5487	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

Support/Counselling Services

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

Support/Counselling Services

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	

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Support/Counselling Services

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 for ages 16+ 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 for ages 16+ that are offered are individual counselling and group counselling, consultative psychiatric services (physician referral required) and crisis services. 	705-435-6281	http://www.stevensonhospital.ca/index.html Service Access: - Physician referral for psychiatry Self-referral for same/next day crisis, counselling and group.
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.barrienfc.ca/

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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

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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/

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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/
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. 	705-726-5033 Ext. 438	https://cmhastarttalking.ca/
Alateen	<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/
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

Addiction Resources

<u>Addiction Resources</u>			
<u>Service</u>	<u>Additional Information</u>	<u>Contact</u>	<u>Website</u>
ASYR – Addiction Services for York Region (Community Withdrawal Management Services)	<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:• Live in York Region• Are 16 years old or older• Are medically stable• Apply voluntarily• Want to stop their dependent use of substances	1-905-841-7007 Or 1-800-263-2288 ext. 322	https://www.asyr.ca/programs/

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Bereavement Resources

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/
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>Child / Youth Parenting Resources</u>			
Service	Additional Information	Contact	Website
Children's Treatment Network	<ul style="list-style-type: none"> Providing 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/
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	
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. <p>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.</p>	705-726-9082	https://empowersimcoe.ca/earlyon-child-family-centres/

Child/Youth 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

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<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
Soldier's Memorial Hospital Eating Disorder Program - Orillia	<ul style="list-style-type: none"> Provides assessment, education, and treatment to children and teens up to the age of 18 with eating disorders. What they focus on: Self-esteem, Symptom reduction, Nutritional education, Stress management, Body image, Communication, Relationship management, Medical evaluation and monitoring and Family support 	705-325-2201 ext. 3552	https://www.osmh.on.ca/
Southlake Regional Health Centre Child and Adolescent Eating Disorders Program	<ul style="list-style-type: none"> The program is open to individuals 13 to 18 years of age who suffer from an eating disorder and live in York Region or Simcoe County. As part of the process of gaining access to any of Southlake's treatment services (e.g., Out-patient Program, Day Treatment Program), individuals and their families receive a half-day multidisciplinary assessment and are offered feedback and recommendations concerning diagnosis and treatment. Each assessment includes a family interview and separate individual sessions with a therapist and a dietitian. A medical assessment by the referring physician will be required in advance. 	1-905-830-5979 ext. 2825	http://www.southlakeregional.org/

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/
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/

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
Dr. Sudhir Rajkhowa 151 B Dunlop Street East, Barrie, ON Barrie and Community Family Health Team Program	<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.

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<u>Psychiatry</u> (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

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<u>Psychiatry</u> (Telemedicine – Barrie and Community Family Health Team)			
Psychiatrist	Services Offered	Eligibility and How to Apply	Fees for Service
Dr. Templeman (Virtual Emergency Room – Telepsychiatry) Barrie and Community Family Health Team Program	<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

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<div style="text-align: center;"><u>Psychologists</u> (Simcoe County)</div>			
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

<u>Psychologists</u> <u>(Simcoe County)</u>			
Psychologist	Services Offered	Eligibility and How to Apply	Fees for Service
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. 	<p>Eligibility: Children, adolescents and adults.</p> <p>How to apply: 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).</p> <p>-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. 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>