

# **Adult Mental Health Resources**

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## Community Resource Websites

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

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

## Online/Telephone Mental Health Support Resources

Service	Additional Information	Contact	Website
Big White Wall	<ul style="list-style-type: none"> <li>Big White Wall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares.</li> </ul>		<a href="https://www.bigwhitewall.ca/v2/Home.aspx">https://www.bigwhitewall.ca/v2/Home.aspx</a>
BounceBack	<ul style="list-style-type: none"> <li>Through BounceBack, adults and youth 15+ learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive.</li> </ul>	1-866-345-0224	<a href="https://bouncebackontario.ca">https://bouncebackontario.ca</a>
Mind Beacon Free Government funded program	<p><b>Our therapists have deep expertise in:</b></p> <p>Alcohol / substance use, Anxiety / worry, Chronic pain Depression, Eating / body image issues, Grief, Mood-related concerns, Obsessive compulsive concerns, Panic attacks, Trauma, Stress, Relationships and more</p>		<a href="https://www.mindbeacon.com/">https://www.mindbeacon.com/</a>

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<b><u>Crisis Services</u></b>			
Service	Additional Information	Contact	Website
Crisis Line (24/7)	<ul style="list-style-type: none"> <li>• Crisis Services offers 24hr telephone support to assist individuals, community agencies, emergency services and family or friends, to work through resolution of identified issues and challenges.</li> <li>• Our team is comprised of mental health and addiction professionals, who are trained in suicide intervention, and can help stabilize pre and post-crisis, developing coping strategies and plans for ongoing mental health and addiction support and follow up.</li> </ul>	705-728-5044 or 1-888-893-8333	<a href="https://cmhastarttalking.ca/">https://cmhastarttalking.ca/</a>
Royal Victoria Hospital Mental Health & Addiction Crisis Services	<ul style="list-style-type: none"> <li>• Crisis Services provides immediate intervention and mental health assessments to individuals presenting in the Emergency Department with mental health concerns or crisis. This includes providing mental health and risk assessments and referral to resources both within the RVH or the community for additional support.</li> </ul>	705-728-9090 Ext 47274 (Not a crisis line)  Please present to the emergency department	<a href="https://www.rvh.on.ca">https://www.rvh.on.ca</a>
OSMH Crisis Services	<p>This program provides crisis intervention services for people experiencing acute symptoms of mental illness and/or acute psychosocial distress.</p> <p><b>This program offers:</b> Assessment through the Emergency Department of Orillia Soldiers' Memorial Hospital or the Community Mental Health House</p>	OSMH Crisis Services 170 Colborne Street West Orillia, ON L3V 2Z3  705-325-2201 ext. 3536	<a href="http://osmh.on.ca/">http://osmh.on.ca/</a>

## Support/Counselling Services

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

## Support/Counselling Services

Service	Additional Information	Contact	Website
Collingwood General and Marine Hospital  Community Mental Health Services	<ul style="list-style-type: none"> <li>• A multidisciplinary team made up of Psychiatrists, Psychotherapists and Mental Health Therapists</li> <li>• 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.</li> </ul>	705-444-6600 ext. 7227	<a href="https://www.cgmh.on.ca/programs-services/mental-health-services">https://www.cgmh.on.ca/programs-services/mental-health-services</a>
Orillia's Soldier's Memorial Hospital  Mental Health and Addiction Program	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>	705-325-2201	<a href="https://www.osmh.on.ca/mental-health/">https://www.osmh.on.ca/mental-health/</a>
Stevenson Memorial Hospital - Alliston  Mary McGill Community Mental Health Centre	<ul style="list-style-type: none"> <li>• Provides individual and group services offered using a variety of modalities including cognitive behavior therapy (CBT) and mindfulness meditation approaches.</li> <li>• Services that are offered are individual counselling and group counselling, consultative psychiatric services (physician referral required) and crisis services for aged 16+.</li> </ul>	705-435-6281	<a href="http://www.stevensonhospital.ca/index.html">http://www.stevensonhospital.ca/index.html</a>  Service Access: - Physician referral for psychiatry - Self-referral for same/next day crisis, counselling and group.

## Support/Counselling Services

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

## Support/Counselling Services

Service	Additional Information	Contact	Website
Wendat Community Support Programs - Midland	<ul style="list-style-type: none"> <li>• Serving both seniors with care needs and adults with mental health needs.</li> <li>• Services that are offered include a variety community support, treatment and rehabilitation programs.</li> </ul>	705-526-1305	<a href="https://www.wendatprograms.com/">https://www.wendatprograms.com/</a>
Barrie Native Friendship Centre	<ul style="list-style-type: none"> <li>• Location: 175 Bayfield Street, Barrie, ON</li> <li>• The Aboriginal Healing &amp; Wellness program provides services to families and individuals working to end family violence. Services include: crisis intervention, peer counseling, advocacy, referrals to outside agencies and services such as; shelters, drug and alcohol treatment centres, therapeutic counselling services, trauma recovery programs and food banks.</li> </ul>	705-721-7689	<a href="https://www.barrienfc.ca/">https://www.barrienfc.ca/</a>
B'Saanibamaadsiwin (Aboriginal Mental Health Program)  Muskoka - Canadian Mental Health Association	<ul style="list-style-type: none"> <li>• The Aboriginal Program is committed to practicing First Nation, Inuit, and Metis mental wellness care that is culturally safe.</li> <li>• Our program provides assessment, referral, crisis, and counselling services.</li> <li>• 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.</li> </ul>	705-746-2512	<a href="https://mps.cmha.ca/programs-services/bsaanibamaadsiwin-aboriginal-mental-health-program-2/">https://mps.cmha.ca/programs-services/bsaanibamaadsiwin-aboriginal-mental-health-program-2/</a>

## Support/Counselling Services

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



## Addiction Services

Service	Additional Information	Contact	Website
Canadian Mental Health Association Addiction Services	<ul style="list-style-type: none"> <li>• Individual Outpatient Counselling Program available to individuals (25 years of age and up) who are concerned about their own or someone else's substance use.</li> <li>• The individual counselling program is a voluntary, self-referral process, which means clients must make contact directly to become registered.</li> </ul>	705-726-5033 Ext. 438	<a href="https://cmhastarttalking.ca/">https://cmhastarttalking.ca/</a>
Royal Victoria Hospital Residential Withdrawal Management Service	<ul style="list-style-type: none"> <li>• 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:</li> <li>• Non-medical co-ed residential withdrawal management service</li> <li>• An immediate and nurturing support system throughout the withdrawal process</li> <li>• Individual and group counseling sessions encouraging personal responsibility and accountability</li> <li>• Inter-professional model of care - An interdisciplinary healthcare team.</li> </ul>	705-728-4226	<a href="https://www.rvh.on.ca/mhad/SitePages/addiction%20services.aspx">https://www.rvh.on.ca/mhad/SitePages/addiction%20services.aspx</a>
Overeaters Anonymous – Central Ontario	<ul style="list-style-type: none"> <li>• 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</li> </ul>		<a href="https://www.oaontario.org/">https://www.oaontario.org/</a>

## Addiction Services

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

## 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"> <li>• The Georgianwood Program for Concurrent Disorders is a three-month residential program for people with both a substance use disorder and a mental illness.</li> <li>• 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).</li> </ul>	<p>Central Intake:</p> <p>1-705-549-3181 ext. 2308</p> <p>Or</p> <p>1-877-341-4729</p>	<p><a href="http://www.waypointcentre.ca/programs_and_services">http://www.waypointcentre.ca/programs_and_services</a></p>
<p>ASYR – Addiction Services for York Region</p> <p>(Community Withdrawal Management Services)</p>	<ul style="list-style-type: none"> <li>• 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:</li> <li>• Live in York Region</li> <li>• Are 16 years old or older</li> <li>• Are medically stable</li> <li>• Apply voluntarily</li> <li>• Want to stop their dependent use of substances</li> </ul>	<p>1-905-841-7007</p> <p>Or</p> <p>1-800-263-2288 ext. 322</p>	<p><a href="https://www.asyr.ca/programs/">https://www.asyr.ca/programs/</a></p>

## Trauma Services

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

## Parenting Resources

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

## Parenting Resources

Service	Additional Information	Contact	Website
Ontario Early Years Centre	<ul style="list-style-type: none"> <li>• 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.</li> <li>• 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.</li> </ul>	705-726-9082	<a href="https://empowersimcoe.ca/earlyon-child-family-centres/">https://empowersimcoe.ca/earlyon-child-family-centres/</a>
APSGO (Association of Parent Support Groups of Ontario)	<ul style="list-style-type: none"> <li>• <b>APSGO Inc.</b> is an organization founded by parents, for parents and run exclusively by parents. Through weekly meetings, workshops and this web site, <b>APSGO Inc.</b> provides a completely non-judgmental community where parents of disruptive sons and daughters learn practical and proven techniques to help them and their children.</li> </ul>	1-800-488-5666	<a href="http://apsgo.ca/index.php">http://apsgo.ca/index.php</a>
Behaviour Management Services of Simcoe County	<ul style="list-style-type: none"> <li>• This program provides a range of behavioural services to children who have developmental disability with a significant cognitive delay and their families.</li> <li>• Services include: Assessment of problem behaviour and treatment recommendations and implementation training.</li> </ul>	705-728-9143	
Children's Treatment Network	<ul style="list-style-type: none"> <li>• 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.</li> </ul>	1-866-377-0286	<a href="https://www.ctnsy.ca/">https://www.ctnsy.ca/</a>

## Eating Disorder Resources

Service	Additional Information	Contact	Website
National Eating Disorder Information Centre	<ul style="list-style-type: none"> <li>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.</li> </ul>	1-866-633-4220	<a href="http://nedic.ca/">http://nedic.ca/</a>
Sheena's Place	<ul style="list-style-type: none"> <li>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.</li> </ul>	416-927-8900	<a href="https://sheenasplace.org/">https://sheenasplace.org/</a>
Edgewood Health Network (Bellwood)	<ul style="list-style-type: none"> <li>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.</li> </ul>	1-866-926-4196	<a href="https://edgewoodhealthnetwork.com/">https://edgewoodhealthnetwork.com/</a>
Trillium Health Partners	<ul style="list-style-type: none"> <li>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.</li> </ul>	1-866-377-0286	<a href="http://trilliumhealthpartners.ca">http://trilliumhealthpartners.ca</a>

## Eating Disorder Resources

Service	Additional Information	Contact	Website
Danielle's Place	<ul style="list-style-type: none"> <li>A not-for-profit organization serving ages 14 and up.</li> </ul>	905-333-5548	<a href="http://www.daniellesplace.org/">http://www.daniellesplace.org/</a>
Toronto General Hospital Eating Disorder Program	<ul style="list-style-type: none"> <li>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.)</li> </ul>	416-340-3041	<a href="https://www.uhn.ca">https://www.uhn.ca</a>
Southlake Regional Health Centre Young Adult Eating Disorders Program	<ul style="list-style-type: none"> <li>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 &amp; 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.</li> </ul>	1-905-895-4521 ext. 2825	<a href="http://www.southlakeregional.org/">http://www.southlakeregional.org/</a>



## LGBTQ Resources

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

## Postpartum Resources

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

## Bereavement Resources

Service	Additional Information	Contact	Website
Hospice Simcoe	<ul style="list-style-type: none"> <li>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.</li> </ul>	705-725-1140	<a href="https://www.hospicesimcoe.ca/grief-bereavement-program/">https://www.hospicesimcoe.ca/grief-bereavement-program/</a>
Hospice Orillia	<ul style="list-style-type: none"> <li>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.</li> </ul>	705-325-0505	<a href="http://www.hospiceorillia.ca/">http://www.hospiceorillia.ca/</a>
Matthews Hospice House - Alliston	<ul style="list-style-type: none"> <li>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.</li> </ul>	705-435-7218	<a href="https://www.matthewshousehospice.ca/">https://www.matthewshousehospice.ca/</a>
Perinatal Bereavement Services Ontario	<ul style="list-style-type: none"> <li>Offers self-help support groups and 1:1 support to individuals who have experienced a miscarriage, ectopic pregnancy, stillbirth, medical termination or neonatal death.</li> </ul>		<a href="http://www.pbso.ca/">http://www.pbso.ca/</a>

## Bereavement Resources

Service	Additional Information	Contact	Website
Pregnancy and Infant Loss Network (PAIL)	<ul style="list-style-type: none"> <li>• PAIL Network provides support to any family in Ontario who has experienced the loss of their pregnancy or the death of their baby up to 12 months of age, including:               <ul style="list-style-type: none"> <li>○ First trimester loss / early pregnancy loss</li> <li>○ Termination of pregnancy / interruption of pregnancy</li> <li>○ Stillbirth</li> <li>○ Neonatal death</li> <li>○ Infant death due to SIDS/SUIDS'</li> </ul> </li> </ul>	1-888-303-7245	<a href="https://pailnetwork.sunnybrook.ca//">https://pailnetwork.sunnybrook.ca//</a>
Adams Funeral Home	<ul style="list-style-type: none"> <li>• Location: 445 St. Vincent Street, Barrie, ON</li> <li>• Provides support during the funeral, but afterwards as well, especially through the difficult days that may follow.</li> <li>• Grief and Bereavement Seminars and one on one counselling are available for the grieving. This service is available to anyone in the community.</li> </ul>	705-728-4344	<a href="https://www.adamsfuneralhome.ca/">https://www.adamsfuneralhome.ca/</a>

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

## Self-Help, Wellness and Mindfulness Resources

Service	Additional Information	Contact	Website
Integrative Stress Management Program	<ul style="list-style-type: none"> <li>The Integrative Stress Management Program is a Barrie mindfulness based course open to the public.</li> <li>Under the direction of Dr. Gerald Levine, MD, CCFP, the program offers a 7 week in-person course in the spring and autumn.</li> <li>There are also internet-based private sessions available. Participants can self refer or there is a form in Accuro under Specialists and others!</li> <li>We can help with management of chronic stress, anxiety, depression, pain and PTSD. Please visit</li> </ul>	705-721-6934	<a href="http://managestress.ca/">http://managestress.ca/</a>
The Center for Inner Freedom	<ul style="list-style-type: none"> <li>An 8-week course enabling people to let go of the past, worry less about the future, and live more fully in the present moment.</li> </ul>	705-722-7171	<a href="https://www.centerforinnerfreedom.com/">https://www.centerforinnerfreedom.com/</a>
Centre for Clinical Interventions	<ul style="list-style-type: none"> <li>Provide expert best-practice psychological interventions for people suffering from anxiety, mood and eating disorders, to disseminate these evidence-supported treatments, and to conduct research to further improve the outcomes of treatments.</li> </ul>		<a href="https://www.cci.health.wa.gov.au/">https://www.cci.health.wa.gov.au/</a>
Enaahchtig Healing Lodge and Learning Centre	<ul style="list-style-type: none"> <li>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.</li> </ul>	705-534-3724	<a href="http://www.enaahchtig.ca/">http://www.enaahchtig.ca/</a>
Anxiety Canada	<ul style="list-style-type: none"> <li>Self-help resources to manage anxiety.</li> </ul>		<a href="https://www.anxietycanada.com/">https://www.anxietycanada.com/</a>
Candlelighters Simcoe	<ul style="list-style-type: none"> <li>Candlelighters Simcoe provides programs and services for children families impacted by childhood cancer</li> </ul>		<a href="https://www.candlelighterssimcoe.ca/">https://www.candlelighterssimcoe.ca/</a>

## Autism Resources

Autism Ontario - Simcoe County Chapter – Barrie	<ul style="list-style-type: none"> <li>Autism Ontario is the province’s leading source of information and referral on autism, and one of the largest collective voices representing the autism community</li> </ul>	80 Bradford St Unit 317 Barrie ON L4N 6S7 705-252-7429	<a href="mailto:simcoe@autismontario.com">simcoe@autismontario.com</a>
Orillia Autism Family Support Group	<ul style="list-style-type: none"> <li>Support group for families with children with Autism and other disabilities</li> </ul>	Orillia ON Canada 705-326-6772	<a href="mailto:shirebd@gmail.com">shirebd@gmail.com</a>
Developmental Services Ontario	<ul style="list-style-type: none"> <li>The government of Ontario is working to improve services and supports for adults who have developmental disabilities and their families</li> </ul>	1-855-437-6797	<a href="https://cscn.on.ca/en/developmental-services-ontario/">https://cscn.on.ca/en/developmental-services-ontario/</a>
Checkered Door	<ul style="list-style-type: none"> <li>A program in Barrie that serves local Youth and Young Adults with Intellectual Disabilities and Social Communication Difficulties, who are planning for the transition to adulthood</li> </ul>	705-722-5627	<a href="https://checkered-door.com/">https://checkered-door.com/</a>
Kerry’s Place	<ul style="list-style-type: none"> <li>Canada’s largest service provider to families with children, adolescents, and adults, with Autism Spectrum Disorder.</li> </ul>	905-841-6611	<a href="mailto:info@kerrysplace.org">info@kerrysplace.org</a>  <a href="https://www.kerrysplace.org/contact-us/">https://www.kerrysplace.org/contact-us/</a>

## Shelters

Busby Center	<ul style="list-style-type: none"> <li>A community not-for-profit organization working from a non-judgmental approach to advocate for and improve conditions for individuals and families within the County of Simcoe who are experiencing homelessness or at risk of homelessness</li> </ul>	705-739-6916	<a href="https://www.busbycentre.ca/contact-us/">https://www.busbycentre.ca/contact-us/</a>
Green Haven	<ul style="list-style-type: none"> <li>Is a community-based, non-profit, charitable organization which provides services including 24-hour safe emergency shelter; a crisis line; crisis counselling; information about community resources; emergency transportation; transitional housing support; and outreach and follow-up for women and their dependent children who are experiencing abuse.</li> </ul>	705-327-7383	<a href="mailto:hello@greenhavenshelter.com">hello@greenhavenshelter.com</a> <a href="https://greenhavenshelter.com/contact/">https://greenhavenshelter.com/contact/</a>
Elizabeth Fry	<ul style="list-style-type: none"> <li>Is a charitable organization that supports some of society's most vulnerable populations – women, girls and children at risk, involved in or affected by the justice system.</li> </ul>	1-888-879-9593	<a href="mailto:Admin@elizabethfry.com">Admin@elizabethfry.com</a> <a href="https://efry.com/">https://efry.com/</a>
Salvation Army	<ul style="list-style-type: none"> <li>Is a Christian organization that gives hope and support to vulnerable people in 400 communities across Canada and in 132 countries</li> </ul>	1-800-725-2769	<a href="https://salvationarmy.ca/contact/">https://salvationarmy.ca/contact/</a>

## Shelters

The guest House Shelter			
Women and Children's Shelter of Barrie	provides a place of safe refuge and emergency support services for abused women and children in Barrie and the surrounding area.	115 Edgehill Dr, <a href="#">Barrie</a> , ON L4N 1L9, Canada tel:17057282544	<a href="https://barrieshelter.com/">https://barrieshelter.com/</a>  Contact: 17057282544 or kaity@barrieshelter.com
Shelter Now	The in-house programming at Shelter Now is intended to improve daily routines, reduce isolation, develop life skills, and build a sense of community.	Unit #102 – 850 Hartman Dr, Midland, ON L4R 0B6 Phone: (705) 528 6941 Fax: (705) 528 6942	shelternow.ca
The Lighthouse	What is The Lighthouse? Through Christian leadership, community partnerships, and by using an asset-based, participant empowerment approach we foster hope in those we work with. At all levels of our engagement - including relief, support and development - we look for ways to help find a way through difficulty and into a better life.	75 Queen St. E. Orillia, Ontario L3V 8M2  P: (705) 329-2265	Orillialighthouse.ca