



Central Ontario  
Specialized Health Network

# Feelings Pathways

## A Guide To Mental Health Resources For CHILDREN AND YOUTH In Simcoe County & Muskoka.

In this guide you will find a comprehensive list of resources for children and youth experiencing a range of mental health symptoms. There are four different scenarios covered in this guide listing feelings you may be experiencing and resources that can help. Our hope is that this guide will help children, youth, and their caregivers find the right help at the right time.



### I am Feeling...



**Overwhelmed or Unsure . . . . . Page 3**

I am wondering how to best deal with stress and/or my emotions.



**Hopeless, Unmotivated, or Constantly Worried . . . . . Page 4**

I am having trouble getting through the day.



**Impulsive or Agitated . . . . . Page 5**

I am losing control over my actions/behaviours.



**In a Crisis . . . . . Page 7**

I am engaging in unsafe behaviours that are putting myself or others at risk.



# Care Pathway Flow Chart

## What's Happening?

## Who Can Help

### Feeling Overwhelmed or Unsure

#### MENTAL HEALTH CHECK

I am not feeling like myself and wondering how to better cope with stress and emotions.

#### Self Care & Navigation Resources

- Self-referral to mental health community resources to help manage your feelings around mental health and stress.
- Apps recommended by Children and Teens
- Refer to **Page 3** for more information and resources



### Feeling Hopeless, Unmotivated, or Constantly Worried

#### SUPPORT NEEDED

Having problems sleeping and concentrating, feeling disconnected, the things I used to enjoy aren't fun anymore.

#### Primary Care

- Physician or Nurse Practitioner assessment and medical treatment
- For Specialist Consultation, refer to **Page 6**

#### Counselling and Community Services

- For more information and resources, refer to **Page 4**
- For more intensive and ongoing services, refer to **Page 6**



### Feeling Impulsive or Agitated

#### URGENT NEED FOR HELP

Acting out in uncharacteristic ways, bouts of anger, personal relationships are affected.

#### Mental Health Crisis Lines

- Assess for risk, make a safety plan and give next steps
- Refer to **Page 5** for more informations

#### 9-8-8 Suicide Crisis Helpline

- Connect to a crisis responder to get help without judgement
- Refer to **Page 5** for more information

#### Physicians who provide mental health care (Page 6) Intensive or Ongoing Services (Page 6)



### I am In a Crisis

#### THIS IS AN EMERGENCY

I am engaging in unsafe behaviours that are putting myself or others at risk.

#### Hospital Emergency Department Or Call 9-1-1

- Contact 9-8-8: 24/7 Suicide Crisis Helpline
- Contact 9-1-1 for a medical emergency
- An Emergency Department team will assess risk, make a plan for safety and determine next steps
- Refer to **Page 7** for more information and resources

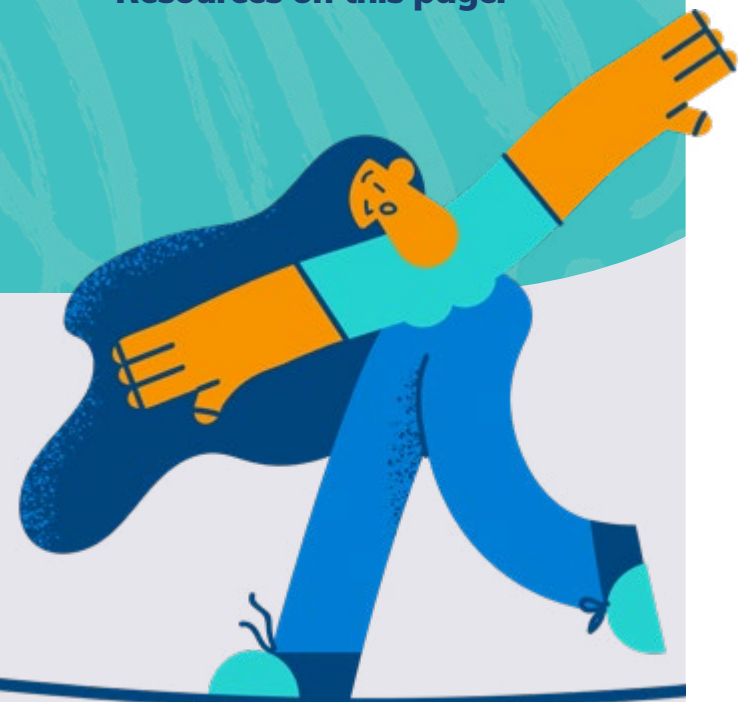


# I am Feeling Overwhelmed / Unsure

## What's Happening?

- Wondering how you can better cope with stress?
- Looking for information on physical or mental health, bullying, relationships and other topics?
- Not sure where you should call?
- Looking to connect with peers or community?

If you answered **YES** to one or any of these questions, consult the list of Self Care and Online Resources on this page.



## Strengthening Resilience

There are ways you can support your child to develop good emotional resilience to prevent mental health concerns such as focusing on breathing, getting active, time together and making sleep a priority. The following services can assist you and your child in developing such strategies and further connect you to a variety of resources offering quick access to new social connections, drop-in groups, health and wellness workshops, mental health services and more.

## Self Care & Navigation Resources

### North Simcoe Youth Wellness Hub

12-25 years old.

[1door.ca](https://1door.ca) ☎ 705.427.5639 [linktr.ee/nsywh](https://linktr.ee/nsywh)

### The Drop (Parry Sound)

12-20 years old.

[thedropparrysound.com](https://thedropparrysound.com) ☎ 705.771.9366

### MindAid (Muskoka Area)

Youth under 30 years old.

[mindaidmuskoka.com](https://mindaidmuskoka.com) ☎ 1.844.646.3243

### LGBTQ+ Youth Connection Gilbert Centre

12-30 years old. Simcoe Muskoka Locations.

[gilbertcentre.ca/youth-and-family-programs](https://gilbertcentre.ca/youth-and-family-programs) ☎ 405.722.6778

### YouthCALL

12-25 years old.

[youthcall.ca](https://youthcall.ca) ☎ 705.790.2338

### Mamaway Wiidokdaadwin Community Programs

[mamaway.ca](https://mamaway.ca)

### Kids Help Phone

[kidshelpphone.ca](https://kidshelpphone.ca) ☎ 1.800.668.6868 or text 686868

### ConnexOntario

[connexontario.ca](https://connexontario.ca) ☎ 1.866.531.2600

## Apps Recommended by Kids & Teens

#### MindShift CBT

[anxietycanada.com/resources/mindshift-cbt](https://anxietycanada.com/resources/mindshift-cbt)

#### Headspace

[headspace.com](https://headspace.com)

#### Breathe

[apps.apple.com/us/app/breathe](https://apps.apple.com/us/app/breathe)

#### Daylio

[daylio.net](https://daylio.net)

#### BUDDHiFY

[buddhify.com](https://buddhify.com)

#### Balance

[balanceapp.com](https://balanceapp.com)

#### Rootd

[rootd.io](https://rootd.io)

#### BeSafe App

[besafeapp.ca](https://besafeapp.ca)

#### Simple Habit

[simplehabit.com](https://simplehabit.com)

#### The Fabulous

[thefabulous.co](https://thefabulous.co)



# I am Feeling Worried/Afraid

## What's Happening?

- Having problems with sleeping, eating, concentrating?
- Feeling very stressed, anxious, down, irritable, or unhappy?
- Avoiding contact with other people, missing school or work?
- Concerned about your alcohol or drugs use?

If you answered **YES** to one or any of these questions, non-urgent help is needed. Consult our **Who Can Help** list of resources here.

## Who Can Help

### PRIMARY CARE

Visit your local Family Health Team or Community Health Centre for assessment and brief treatment from a physician, nurse practitioner or mental health counsellor.

### COUNSELLING AND COMMUNITY SERVICES

There are a number of places to go that provide free, single session counselling on a walk-in or virtual basis for children, youth and their families, who are experiencing mental health concerns. These sessions can be a first step to accessing additional services and resources.

#### SIMCOE COUNTY

### New Path Quick Access Child and Youth Mental Health Clinic

[newpath.ca/services](https://newpath.ca/services) ☎ 705.725.7656

### North Simcoe Youth Wellness Hub (12+)

[youthhubs.ca/site/north-simcoe-youth-wellness-hub](https://youthhubs.ca/site/north-simcoe-youth-wellness-hub)  
☎ 705.427.5639

### CFS Counselling + Wellbeing (12-25)

Three options for counselling:

1. #read2talk? ☎ [cfssc.ca/ready2talk-counselling-clinics](https://cfssc.ca/ready2talk-counselling-clinics)
2. WalkInWednesdays ☎ 705.726.2503 x 895
3. YouthCALL.ca ☎ Talk or Text 705.790.2338

### Mamaway Wiidokdaadwin Counselling and Wellness Services

[mamaway.ca](https://mamaway.ca) ☎ 705.721.9554

#### MUSKOKA & AREA

### Family Connexions Mental Health Counselling Clinic

[familyconnexions.ca/cymh](https://familyconnexions.ca/cymh) ☎ 1.844.287.9072

#### NIPISSING PARRY SOUND

### HANDS The Family Help Network

[thefamilyhelpnetwork.ca](https://thefamilyhelpnetwork.ca) ☎ 1.800.668.8555

#### BARRIE & MIDLAND

### Kinark Child and Youth Services

[kinark.on.ca/programs-and-services/clinical/community-based-child-and-youth-mental-health](https://kinark.on.ca/programs-and-services/clinical/community-based-child-and-youth-mental-health)  
☎ 1.888.454.6275

#### NORTH SIMCOE, MIDLAND-PENETANGUISHINE

### Wendat Community Programs (16+)

[wendatprograms.com](https://wendatprograms.com) ☎ 705.526.1305

#### ALL AREAS

### One Stop Talk (17 and under)

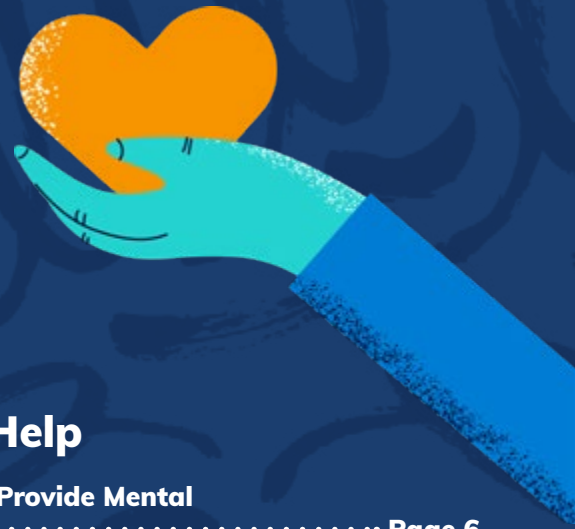
[onestoptalk.ca](https://onestoptalk.ca)

### BounceBack (15-17)

[bouncebackontario.ca](https://bouncebackontario.ca) ☎ 1.866.345.0224



# I am Feeling Impulsive/Agitated



## What's Happening?

- Are you very distressed and not able to meet daily responsibilities?
- Thinking or talking about harming yourself or others?
- Losing touch with reality or having irrational thoughts?
- Hearing voices or seeing things other people are not?

If you answered **YES** to one or any of these questions, **urgent help is needed.**

## Who Can Help

**Physicians Who Provide Mental Health Care** ..... Page 6  
**Intensive or Ongoing Services** ..... Page 6

### Mental Health Crisis Lines

A call centre responder will assess risk, make a safety plan and link caller to services that meet their needs.

Simcoe County ..... **1.844.417.1945** or **1.888.893.8333 (16+)**  
Nipissing, Parry Sound, Muskoka ..... **1.844.287.9072**  
South Simcoe ..... **1.855.310.COPE (2673)**  
Kids Help Phone.....**1.800.668.6868** or text **CONNECT** to **686868**

Hope for Wellness Helpline (Helpline available 24/7 to all Indigenous people across Canada) ..... **1.855.242.3310**  
Native Youth Crisis Hotline ..... **1.877.209.1266**

**Suicide Crisis Helpline** ..... ☎ **9-8-8** 🌐 **988.ca**  
Call or text if you or someone you know is at risk of suicide.

If this is an emergency, call 9-1-1 or refer to **page 7** to get in touch with emergency and crisis resources.



# Physicians Who Provide Mental Health Care

**YOUR PRIMARY CARE PROVIDER CAN REFER YOU TO THESE SPECIALISTS:**

## Waypoint Outpatient Services: Family, Child & Youth Mental Health Program

Provides community-based mental health care on a consultative basis; providing in-person and virtual appointments for children, youth and their families and urgent advice or eConsult for primary care providers.

[waypointcentre.ca/referrals](https://waypointcentre.ca/referrals)

## Tele-Mental Health Services (Psychiatric Consult)

[thefamilyhelpnetwork.ca/services/our-forms](https://thefamilyhelpnetwork.ca/services/our-forms)

1.877.507.7301

## Mamaway Wiidokdaadwin

Indigenous Primary Care and mental health supports.

Barrie Clinic: 705.721.9554 Orillia Clinic: 705.259.9520

[mamaway.ca](https://mamaway.ca)

## Royal Victoria Regional Health Centre Child and Youth Mental Health Programs

Acute Child and Youth Outpatient Services:

705.728.9090 x 47375

Acute Child and Youth Mental Health Inpatient Unit:

705.728.9090 x 47322

## Pediatricians

Provide specialist care for children with varied medical, development & behavioural concerns.

Orillia Paediatric Teaching Associates: 705.327.9143

Barrie Paediatric Associates: 705-728-3766

# Intensive or Ongoing Services

## Multiservice Centre

North Simcoe Youth Wellness Hub ..... 705.421.5639

The Drop (Parry Sound) ..... 705.771.9366

## Substance Use

CMHA Simcoe Youth Addiction Counselling ..... 1.800.461.4319

CMHA Muskoka Parry Sound Youth Addiction Services ..... 1.800.245.5036

Addiction Services Central Ontario ..... 1.800.263.2288

Mamaway Wiidokdaadwin ..... [mamaway.ca](https://mamaway.ca)

- Red Road to Recovery
- Mobile Withdrawal Management Service (16+)

## Eating Disorders

Southlake Regional Health Centre ..... 1.905.895.4521

Simcoe Muskoka Reg. Eating Disorder Program ..... 1.705.728.9090 x 47320

## Peer Support

Krasman Centre Peer Support in South Simcoe ..... 705.435.6340

Patient/Client & Family Council Peer Support Toll Free ..... 1.877.341.4729

Parents for Children's Mental Health Simcoe County ..... [support@pcmh.ca](mailto:support@pcmh.ca)

Better Together Peer Support Group for Parents & Caregivers ..... [familyengagement@newpath.ca](mailto:familyengagement@newpath.ca)

Mamaway Wiidokdaadwin Peer Support ..... [mamaway.ca](https://mamaway.ca)

Parents Against Racism Simcoe County ..... [parsc.ca](https://parsc.ca)

The Gilbert Center - LGBTQ Youth & Family ..... 705.722.6778  
[gilbertcentre.ca/youth-and-family-programs](https://gilbertcentre.ca/youth-and-family-programs)

## Additional Mental Health Services

Kinark (Barrie and Midland) ..... 1.888.454.6275

New Path (Simcoe County) ..... 1.705.725.7656

Family Connexions (Muskoka) ..... 1.705.645.4426

HANDS (Parry Sound) ..... 1.800.668.8555

CFS Counselling and Wellbeing (Simcoe County) ..... 705.726.2503  
[mentalhealthatschool.ca](https://mentalhealthatschool.ca)

La Cle Francophone Services ..... 1.705.549.3116

CMHA Simcoe Youth Services ..... 1.800.461.4319

CMHA Muskoka Parry Sound ..... 1.800.245.5036

CMHA York South Simcoe MOBYSS Walk-In ..... 1.289.879.2376

Wendat Community Programs (16+) ..... 705.526.1305

Enachtig Healing Lodge & Learning Centre ..... 1.705.330.4059

Waypoint Family Child & Youth Program ..... 1.877.341.4729 x 2484  
705.549.3181 x 2484

Royal Victoria Reg. Health Centre Educational & Community Partnership Program ..... 705.728.9090 x 47211

Mental Health & Addictions Nurses in Schools ..... [mentalhealthatschool.ca](https://mentalhealthatschool.ca)

Georgian College Counselling & Mental Health ..... 1.877.722.1523

Y Minds (Simcoe County) ..... [ymcaofsimcoemuskoka.ca/y-mind-youth](https://ymcaofsimcoemuskoka.ca/y-mind-youth)

B'Saanibamaadsiwin 14+ (Indigenous Mental Health and Addictions Program) ..... 705.746.2512

Mamaway Wiidokdaadwin Community Programs ..... [mamaway.ca](https://mamaway.ca)

MindAid (Muskoka) ..... [mindaidmuskoka.com](https://mindaidmuskoka.com)

Connex Ontario ..... 1.866.531.2600 [connexontario.ca](https://connexontario.ca)

211 Ontario: Connection to Community Services ..... Text or Call 2-1-1

Black Youth Helpline (National helpline for Black Canadian youth) ..... 1.833.294.8650



# I am in Crisis

## What's Happening?

- Are you in immediate danger of harming yourself or others?
- Severely impaired by drugs or alcohol?
- Having unusual behavior that is unsafe?
- In need of medical attention for a self injury?

If you answered **YES** to one or any of these questions, this is an **EMERGENCY**

## Who Can Help

### Suicide Crisis Helpline 9-8-8

If you or someone you know is at risk of suicide call or text: 9-8-8.

### Hospital Emergency Department or call 9-1-1

An Emergency Department team will assess risk, make a plan for safety and determine next steps.

