

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 better 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

I am 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

I am 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 many ways 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 📞 705.427.5639 🔗 linktr.ee/nsywh

The Drop (Parry Sound)

12-20 years old.

🌐 thedropparrysound.com 📞 705.771.9366

MindAid (Muskoka Area)

Youth under 30 years old.

🌐 mindaidmuskoka.com 📞 1.844.646.3243

LGBTQ+ Youth Connection Gilbert Centre

12-30 years old. Simcoe Muskoka Locations.

🌐 gilbertcentre.ca/youth-and-family-programs 📞 405.722.6778

YouthCALL

12-25 years old.

🌐 youthcall.ca 📞 705.790.2338

Mamaway Wiidokdaadwin Community Programs

🌐 mamaway.ca

Kids Help Phone

🌐 kidshelpphone.ca 📞 1.800.668.6868 or text 686868

ConnexOntario

🌐 connexontario.ca 📞 1.866.531.2600

Good2Talk

🌐 good2talk.ca

Apps Recommended by Kids & Teens

Breathe

🌐 apps.apple.com/us/app/breathe

BUDDHiFY

🌐 buddhify.com

BeSafe App

🌐 besafeapp.ca

Balance

🌐 balanceapp.com

Simple Habit

🌐 simplehabit.com

Headspace

🌐 headspace.com

Daylio

🌐 daylio.net

Rootd

🌐 rootd.io

The Fabulous

🌐 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 ☎ 705.725.7656

North Simcoe Youth Wellness Hub (12-25)

🌐 youthhubs.ca/site/north-simcoe-youth-wellness-hub

☎ 705.427.5639

CFS Counselling + Wellbeing (12-25)

Three options for counselling:

1. **#ready2talk?** 🌐 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 ☎ 705.721.9554

MUSKOKA & AREA

Family Connexions Mental Health Counselling Clinic

🌐 familyconnexions.ca/cymh ☎ 705.645.4426 x 6270

NIPISSING PARRY SOUND

HANDS The Family Help Network

🌐 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

☎ 1.888.454.6275

NORTH SIMCOE, MIDLAND-PENETANGUISHINE

Wendat Community Programs (16+)

🌐 wendatprograms.com ☎ 705.526.1305

Chigamik Community Health Centre (12+)

🌐 <https://www.chigamik.ca/en/services/allied-health/single-session-counselling>

☎ 705.527.4154

ALL AREAS

One Stop Talk (17 and under)

🌐 onestoptalk.ca

BounceBack (15-17)

🌐 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.

Kinark Simcoe County Child and Youth Crisis Line **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' (NPS, RN, SOCIAL WORK, REGISTERED PSYCHOTHERAPISTS) 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

Tele-Mental Health Services (Psychiatric Consult)

HANDS

thefamilyhelpnetwork.ca/services/our-forms

1.877.507.7301

Family Connexions (Muskoka)

705.645.4426 x 6270

Mamaway Wiidokdaadwin

Indigenous Primary Care and mental health supports.

mamaway.ca

Barrie Clinic: 705.721.9554 Orillia Clinic: 705.259.9520

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 (Midland) 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

• Red Road to Recovery

• Mobile Withdrawal Management Service (16+)

CAMH Youth Vaping, Substance Use (YOUTH-VAST) youth.vast@camh.ca

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

PCFC Connect 705.526.4569

Parents for Children's Mental Health Simcoe County support@pcmh.ca

Better Together Peer Support Group

for Parents & Caregivers familyengagement@newpath.ca

Mamaway Wiidokdaadwin Peer Support mamaway.ca

Parents Against Racism Simcoe County parsi.ca

The Gilbert Center - LGBTQ Youth & Family 705.722.6778

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 x 6270

HANDS (Parry Sound) 1.800.668.8555

CFS Counselling and Wellbeing (Simcoe County) 705.726.2503
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

Enaahitig 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

Georgian College Counselling & Mental Health 1.877.722.1523

Y Minds (Simcoe County) ymcaofsimcoemuskoka.ca/y-mind-youth

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

Mamaway Wiidokdaadwin Community Programs mamaway.ca

MindAid (Muskoka) mindaidmuskoka.com

Connex Ontario 1.866.531.2600 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 or feeling unsafe?
- Thinking about harming yourself or others?
- Severely impaired by drugs or alcohol?
- Having unusual behavior that is unsafe?
- In need of medical attention for an injury or 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.



Thank you

to the following partners
for contributing to this guide

