







## FEELINGS PATHWAYS

# A Guide To Mental Health Resources For Children And Youth In Simcoe & Muskoka

In this guide you will find a comprehensive and thorough list of resources for anyone displaying a range of mental health symptoms. There are four different scenarios this guide covers each with its own list of indicators and resources that can help.



### I AM FEELING

-  **Overwhelmed** ..... **Page 3**  
I am wondering how to best deal with stress.
-  **Anxious or Depressed** ..... **Page 4**  
I am having trouble getting through the day.
-  **Distraught** ..... **Page 6**  
I am in urgent need of assistance.
-  **In a Crisis** ..... **Page 7**  
This is an emergency and I need help now.



# Practitioner/Caregiver Flow Chart

## WHAT'S HAPPENING

## WHO CAN HELP

### IN A CRISIS

Immediate danger of harming themselves or someone else

**THIS IS AN EMERGENCY**

### Hospital Emergency Department Or Call 911

- An Emergency Department Physician & a Mental Health Crisis worker will assess the risk and make a safety plan
- Different resources for ages 18 under
- Referral for Admission to MHA Program at RVH may be needed
- **Refer to page 7 for more information**

### FEELING DISTRAUGHT

Not able to meet daily responsibilities and having disturbing thoughts

**URGENT NEED FOR HELP**

### Call Mental Health Crisis 24/7

- Will assess risk, make a safety plan and give next steps
- If not an emergency, link caller to service that meets their needs
- If an emergency, refer to crisis resources
- **Refer to page 6 for more information**

### FEELING ANXIOUS OR DEPRESSED

Having problems with sleeping, eating, concentrating

**THIS IS URGENT**

### Primary Care

- Physician or Nurse Practitioner assessment & medical treatment
- If urgent care is needed, refer to **page 6**
- If Specialist Medical Consultation is needed **refer to page 5**

### Walk in or Virtual Counselling

- **Refer to page 4 for resources**
- For more intensive and ongoing services, **refer to page 5**

### FEELING OVERWHELMED

Wondering how to better cope with stress and meet with peers

**MENTAL HEALTH CHECK**

### North Simcoe Youth Wellness Hub

- Will work with you to understand your problems and suggest the best course of action for you
- Access to workshops, education, services, and employment
- Ages 12 - 25
- **Refer to page 3 for more information**



## FEELINGS PATHWAYS

# I Am Feeling Overwhelmed

## WHAT'S HAPPENING

### Are You:

- 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?

If you answered **YES** to one or any of these questions, consult the list of Self Care Resources here.



## SELF CARE RESOURCES

### North Simcoe Youth Wellness Hub

One stop shop for youth age 12 to 25 with quick and seamless access to health and wellness workshops, substance use services, mental health services, education, employment and other services. A safe place designed by and for youth.

☎ 705.421.5639    🔗 [linktr.ee/nsywh](https://linktr.ee/nsywh)    🌐 1door.ca

### MindAid (Muskoka Area)

MindAid works to help support to young persons with their mental health journey. Serving Muskoka youth under the age of 30 at no cost.

🌐 [www.mindaidmuskoka.com](http://www.mindaidmuskoka.com)

### LGBTQ Youth Connection

In person and virtual drop in and Facebook Group for LGBTQ Youth

🌐 <https://gilbertcentre.ca/youth-and-family-programs/>

### Kids Help Phone

Confidential, anonymous help 24/7 from a professional counsellor

☎ 1.800.668.6868    🗨 686868    🌐 [kidshelpphone.ca](http://kidshelpphone.ca)

## Apps Recommended By Children & Teens

- Calm [calm.com](http://calm.com)
- Calm Harm [calmharm.co.uk](http://calmharm.co.uk)
- Mindfulness Daily [onemindpsyberguide.org/apps/mindfulness-daily](http://onemindpsyberguide.org/apps/mindfulness-daily)
- Booster Buddy [bit.ly/3QwiVRr](http://bit.ly/3QwiVRr)
- MindShift CBT [anxietycanada.com/resources/mindshift-cbt](http://anxietycanada.com/resources/mindshift-cbt)
- Self Help for Anxiety Management (SAM) [onemindpsyberguide.org/apps/self-help-for-anxiety-management](http://onemindpsyberguide.org/apps/self-help-for-anxiety-management)
- Be Safe [besafeapp.ca](http://besafeapp.ca)
- Headspace [headspace.com](http://headspace.com)
- Rootd [rootd.io](http://rootd.io)
- Breathe [apps.apple.com/us/app/breathe](https://apps.apple.com/us/app/breathe)
- Breathe 2 Relax <https://apps.apple.com/us/app/breathe2relax>
- The Fabulous [thefabulous.co](http://thefabulous.co)
- Balance [balanceapp.com](http://balanceapp.com)
- Daylio [daylio.net](http://daylio.net)
- Zones of Regulation [zonesofregulation.com/the-zones-of-regulation-app.html](http://zonesofregulation.com/the-zones-of-regulation-app.html)
- BUDDHiFY [buddhify.com](http://buddhify.com)
- Simple Habit [simplehabit.com](http://simplehabit.com)



## FEELINGS PATHWAYS

# I Am Feeling Anxious or Depressed

## WHAT'S HAPPENING

### Are You:

- 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

- Physician or Nurse Practitioner assessment & medical treatment
- Assessment and brief treatment from counselors at Family Health Teams or Community Health Centre

**SPECIALIST MEDICAL CONSULTATION . . . . . PAGE 5**

**URGENT ADVICE? . . . . . PAGE 6**

## Walk-in or Virtual Counselling

### NEWPATH Counselling in Simcoe County

New Path Youth & Family Services is committed to providing high-quality child and youth mental health counselling services throughout Simcoe County. [www.newpath.ca](http://www.newpath.ca)

Quick Access Mental Health Clinic provides single session counselling and can be a first step to accessing other services. Appointments can be made up to two weeks ahead or on the same day. [www.newpath.ca/quick-access-child-and-youth-mental-health-clinic/](http://www.newpath.ca/quick-access-child-and-youth-mental-health-clinic/)

### Simcoe Muskoka Family Connexions

#### Walk-In Clinics (Serving the District of Muskoka)

Located in Huntsville & Bracebridge. Want to talk? We do, too. Our Counseling Walk-In Clinics provide quick access to no-fee confidential therapy services for children and youth 0 to 18 years and their families. To speak with a trained mental health clinician and/or to arrange for virtual or in-person support for a child or youth or their family, please call 705-645-4426 ext.6270. A full array of Child & Youth Mental Health services are available to residents of the District of Muskoka. [familyconnexions.ca](http://familyconnexions.ca)

### NSM Walk-In Counselling

Coordinated by Catholic Family Services. Book your counselling session online at: [1door.ca](http://1door.ca)

**MORE INTENSIVE OR ONGOING SERVICES . . . PAGE 5**

# Additional Services

## PHYSICIANS WHO PROVIDE MENTAL HEALTH CARE

Your primary care provider can refer you to these specialists:

### Waypoint Outpatient Services: Family, Child And Youth Program

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

\*Speak to your primary care provider to see if a referral is required.

### Pediatricians

Orillia Paediatric Teaching Associates

Barrie Paediatric Associates

### Child Psychiatrist Via Virtual Care Consultation

Contact your OTN Coordinator OR Ontario tele mental health service HANDS online form:

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

 SMFC: 705.645.4426 ext 6270

## INTENSIVE OR ONGOING SERVICES

### Multiservice Centre

North Simcoe Youth Wellness Hub ..... 705.421.5639

### Substance Use

CMHA Simcoe Youth Services ..... 1.800.461.4319

CMHA Muskoka Parry Sound ..... 1.800.668.1856

Addiction Services Central Ontario ..... 1.800.263.2288

For Indigenous Services contact your Friendship Centre, Health Centre or

Enachtig Community Mental Health ..... 1.705.330.4059

### Eating Disorders

Royal Victoria Regional Health Centre (RVH) ..... 1.705.728.9090 (Ext. 47125)

Collingwood RVH satellite ..... 1.705.444.8601

Orillia Soldiers Memorial Hospital ..... 705.325.2201 (Ext. 3558)

Southlake Regional Health Centre ..... 1.705.330.4059

### Peer Support

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

Patient/client and Family Council peer support toll free ..... 1.877.341.4729

Parents for children's mental health Simcoe County email ..... support@pcmh.ca

Better Together Peer support group for Parents & Caregivers ..... familyengagement@newpath.ca

The Gilbert Center - LGBTQ Youth & Family ..... 705.722.6778

[gilbertcentre.ca/youth-and-family-programs/](http://gilbertcentre.ca/youth-and-family-programs/)

### Mental Health Services Call 211 For Details

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

Newpath (Barrie Orillia, South Simcoe, Collingwood) ..... 1.705.725.7656

Family Connexions Mental Health Muskoka ..... 1.800.680.4426

Francophone services La Cle ..... 1.705.549.3116

CMHA Simcoe Youth Services ..... 1.800.461.4319

CMHA Muskoka Parry Sound ..... 1.800.668.1856

CMHA York South Simcoe MOBYSS Walk in ..... 1.289.879.2376

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

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

Mental Health & Addiction Nurses in Schools ..... mentalhealthatschool.ca

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

Catholic Family Services (Simcoe County) ..... 705.726.2503

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

B'Saani Youth Program 14+ (Aboriginal Mental Health Program) ..... 705.746.2512

MindAid (Muskoka) ..... mindaidmuskoka.com





## FEELINGS PATHWAYS

# I Am Feeling Distraught

### 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

#### Call Mental Health Crisis 24/7

To assess risk , make a safety plan & plan next steps

**Simcoe** ..... 1.888.893.8333

**Muskoka** ..... 1.844.287.9072

**Bradford** ..... 1.855.310.2673

If this is an emergency, refer to **page 7** to get in touch with emergency and crisis resources.





## FEELINGS PATHWAYS

# 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?

### WHO CAN HELP

#### Hospital Emergency Department Or Call 911

An Emergency Department (ED) Physician or Mental Health Crisis worker will assess the risk , make a plan for safety and determine next steps.

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

