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|  | **Community Resource Websites** | | | |
| Service | Additional Information | Website |  | |
| 211 Ontario | 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*](http://www.211ontario.ca/) |  | |
| ConnexOntario | ConnexOntario is a non-profit 24/7 helpline for adults and youth seeking addictions and mental health services. | [*www.connexontario.ca*](http://www.connexontario.ca/) |  | |
| E-Mental Health | Find mental health resources in your community & within Canada. | [*https://www.ementalhealth.ca/*](https://www.ementalhealth.ca/) |  | |

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|  | **Online/Telephone Mental Health/Crisis Resources** | | |
| Service | Additional Information | Contact | Website |
| Togetherall | Togetherall is an online mental health and wellbeing service offering self-help programs, creative outlets and a community that cares. |  | https://togetherall.com/en-ca/ |
| WES for Youth Online | Wellness and Emotional Support for Youth. Online mental wellness supports for youth. |  | wesforyouthonline.ca |
| BounceBack | 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 | Kids Help Phone is a 24/7, national support service. Offers professional counselling, information & referrals & volunteer-led, text-based support to young people. | 1-800-668-6868 | [*https://kidshelpphone.ca/*](https://kidshelpphone.ca/) |
| Crisis Line (24/7) | Crisis intervention workers provide telephone support 24/7. If lines are busy, leave a message and a worker will call back in a timely manner. Crisis workers assess needs, risks, and are trained in suicide intervention and creating safety plans. Emergency services work closely with the Crisis Program and in the community – including our Crisis Outreach and Support Team (COAST). Face to face support can be offered in the community and is also required to be assessed for one of our short-term Crisis Bed admissions. | Grey Bruce  1-877-470-5200 | [https://cmhastarttalking.ca/youth/crisisservices/](https://cmhastarttalking.ca/youth/crisis-services/)    http://www.cmhagb.org/ |
| The Grey Bruce We CARE | Website designed to educate on services in the Grey Bruce area for youth mental health. |  | [The Grey Bruce We C.A.R.E Project (wecaregreybruce.ca)](https://www.wecaregreybruce.ca/index.php#tools) |

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|  | **Support/Counselling Resources** | | | |
| Service | Additional Information | Contact | Website | |
| New Path  Child/Youth Walk-In  Counselling  Services (Ages 0-17) | There are locations in Alliston, Collingwood  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) 445-4181](https://www.google.ca/search?q=new+path+grey+bruce&ei=in5_Y8_SKtyrptQP5oix2A4&ved=0ahUKEwjPv__Egsf7AhXclYkEHWZEDOsQ4dUDCA8&uact=5&oq=new+path+grey+bruce&gs_lcp=&sclient=gws-wiz-serp) | [*https://newpath.ca/*](https://newpath.ca/) | |
| Canadian Mental  Health Association  Child/Youth Walk-In  Services | Counselling is available for youth (12 to 24) who are misusing substances and/or require support with symptoms of addiction, anxiety and depression. | Owen Sound: 519-371-3642 | <https://cmhastarttalking.ca/youth/>  https://ontario.cmha.ca/ | |
| Catholic Family  Services of Simcoe  County Walk-In  Support | Locations: Collingwood  In Person and Virtual Counselling Available.  Catholic Family Services of Simcoe County is a nonprofit organization offering professional counselling services and education for Individuals, family counselling, ages 12 + | 705-726-2503 | [*https://cfssc.ca/*](https://cfssc.ca/) | |
| Kinark Child and Family Services | 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/*](https://www.kinark.on.ca/) | |
| Collingwood  General and Marine  Hospital | 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/programsservices/mental-health-services](https://www.cgmh.on.ca/programs-services/mental-health-services) |
| Alliston  Mary McGill  Community Mental  Health Centre | 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 Stevenson  Memorial Hospital | [http://www.stevensonhospital.ca/inde x.html](http://www.stevensonhospital.ca/index.html)    Service Access:  - Physician referral for psychiatry Self-referral for same/next day crisis, counselling and group. |

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|  | **Addiction Resources** | |  |
| Service | Additional Information | Contact | Website |
| Canadian Mental  Health Association  Child/Youth Walk-In  Services | * Counselling is available for youth (12 to 24) who are misusing substances and/or require support with symptoms of addiction, anxiety and depression. | Simcoe 705-726-5033  Bracebridge: 705-645-2262  Owen Sound: 519-371-3642 | [*https://cmhastarttalking.ca/youth/drop-inservices/*](https://cmhastarttalking.ca/youth/drop-inservices/)  https://ontario.cmha.ca/ |
| Royal Victoria  Hospital Residential  Withdrawal  Management Service | 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  An interdisciplinary healthcare team. | 705-726-5033  Ext. 438 | *https://cmhastarttalking.ca/* |
| Alateen | A peer support group for teens who are struggling with the effects of someone else’s problem drinking. |  | *https://al-anon.org/* |
| CHOICES | Program delivered through CMHA. Serves youth up to age 20 who are concerned about their own or someone else’s substance use. Counselors work directly with youth and their families in the Owen Sound office | 1101 2nd Ave E, Owen Sound 519-371-3642 | [CHOICES Drug and Alcohol Counselling for Youth (cmha.ca)](https://greybruce.cmha.ca/addictions/choices-drug-and-alcohol-counselling-for-youth/) |
| Community Addiction Treatment Services | Our Mental Health & Addictions department includes a wide range of comprehensive inpatient and outpatient services. We have an acute care psychiatric inpatient unit, a psychogeriatric unit, as well as a psychiatric intensive care unit in Owen Sound.  Our team provides short and long term mental health support for clients across the Grey Bruce region. | 495 9th Ave E, Owen Sound, ON N4K 3E2  [(519) 376-3999](https://www.google.ca/search?q=community+addiction+treatment+services+owen+sound+on&source=hp&ei=_U5lY_z3GIyiqtsPh-iq4A4&iflsig=AJiK0e8AAAAAY2VdDeUhkfvyOptzGeoEOQCid5ir1MoB&oq=community+addiciton+treatment+services&gs_lcp=&sclient=gws-wiz) | [gbhs.on.ca](https://www.gbhs.on.ca/covid-19/) |

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| **Bereavement Resources** | | | |
| Service | Additional Information | Contact | Website |
| Hospice | * Locations across Simcoe Muskoka and Grey Bruce. * Hospice 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. | Simcoe: 705-725-1140  Grey Bruce: (519) 370-7239 | [https://www.hospicesimcoe.ca/griefbereavement-program/](https://www.hospicesimcoe.ca/grief-bereavement-program/)  https://www.gbhfoundation.com/ |
| Rainbows Canada | * Various Locations across Ontario * 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 | * Supports Simcoe County and surrounding area. * 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 parent/guardian, sibling/friend. In-person or virtual. | 705-721-5437 | [*www.grievingchildren.com*](http://www.grievingchildren.com/) |

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|  | **Self-Help, Wellness and Mindfulness Resources** | | |
| Service | Additional Information | Contact | Website |
| Anxiety Canada | Self-help resources to manage anxiety. |  | [*https://www.anxietycanada.com/*](https://www.anxietycanada.com/) |
| Shared Care | Child and Youth mental health resources and tool kits. |  | <http://www.shared-care.ca/> |
| Candlelighters  Simcoe | Candlelighters Simcoe provides programs and services for children families impacted by childhood cancer |  | <https://www.candlelighterssimcoe.ca/> |

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| **Child / Youth Parenting Resources** | | | |
| Service | Additional Information | Contact | Website |
| Triple P – Positive Parenting Program | Free parenting tips and info about local parenting programs. Online Triple P program available for $80. | Offered at various locations. Search for closest agency. | [*www.triplep-parenting.ca*](http://www.triplep-parenting.ca/) |
| Kinark Child and Family Services | 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/*](https://www.kinark.on.ca/) |
| Children’s Treatment Network | 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 | 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 | https://www.mackenziehealth.ca/ |
| Ontario Early Years Centre | 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. 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. | 705-726-9082 | [*https://empowersimcoe.ca/earlyon-childfamily-centres/*](https://empowersimcoe.ca/earlyon-child-family-centres/) |
| New Path  Child and Family  Services | Various locations across Simcoe Muskoka and Grey Bruce  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. | Central Intake: 705-725-7656 | <https://newpath.ca/> |

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|  | **Eating Disorder Resources** | |  |
| Service | Additional Information | Contact | Website |
| National Eating  Disorder  Information Centre | 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 | 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. | 416-927-8900 | <https://sheenasplace.org/> |
| Edgewood Health  Network (Bellwood) | This group is open to those with Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder, and other eating disorders including non-specific or undiagnosed eating disorders. | 1-866-926-4196 | <https://edgewoodhealthnetwork.com/> |
| Trillium Health Partners | The Eating Disorders Program is a Provincial program for 18+ offering inpatient, day patient, transition and outpatient treatment to individuals who are directly affected by an eating disorder. | 1-866-377-0286 | [http://trilliumhealthpartners.ca](http://trilliumhealthpartners.ca/) |
| Danielle’s Place | A not-for-profit organization serving ages 14 and up. | 289-266-0036 | <http://www.daniellesplace.org/> |
| Toronto General  Hospital Eating  Disorder Program | Offering a comprehensive assessment and intensive treatment to individuals 17 years or older with anorexia nervosa, bulimia nervosa or other forms of disordered eating. | 416-340-3041 | [*https://www.uhn.ca*](https://www.uhn.ca/) |
| Soldier’s Memorial  Hospital Eating  Disorder Program | Provides assessment, education, and treatment to children and teens up to the age of 18 with eating disorders. Referral must be completed by Nurse Practitioner or Doctor. | 705-325-2201 ext.  3558 | <https://www.osmh.on.ca/> |
| Southlake Regional Health Centre Child and Adolescent Eating Disorders  Program | The program is open to individuals 13 to 18 years who suffer from an eating disorder and live in York Region or Simcoe County. The intake to any of Southlake's treatment services; 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. Medical assessment by the referring physician will be required in advance. | 1-905-830-5979 ext.  2825 | <http://www.southlakeregional.org/> |

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|  | **Housing Supports** | | |  |
| Agency | Services Offered | | Contact | Website |
| The Women's Centre | Shelter for women, children and pets that have experienced gender-based or domestic violence. | | Address: 2048 9th Ave E, Owen Sound,  Contact: [(519) 371-1600](https://www.google.ca/search?q=the+women%27s+centre+grey+bruce&source=hp&ei=3k9lY5W9CdrPkPIP2Ke_kAo&iflsig=AJiK0e8AAAAAY2Vd7tw-XSqw9YqugJTUEyne4kxr7AKG&gs_ssp=eJzj4tVP1zc0TDItzzE2zjI1YLRSNaiwsDCyTEsGEubGqWkmFuZWBhVGaYkpyQamBuYGKYlmFgZGXrIlGakK5fm5qXnqxQrJqXklRakK6UWplQpJRaXJqQDxfxl5&oq=the+wom&gs_lcp=&sclient=gws-wiz) | [| The Women's Centre Grey Bruce (thewomenscentre.org)](https://www.thewomenscentre.org/) |
| Saugeen Women's Respite | Shelter for Indigenous women and children that have experienced domestic violence. | | Address: 24 Christine St. Saugeen  Number: 519-797-2521 | [Women’s Shelter - Saugeen First Nations](https://saugeenfirstnation.ca/services/womens-shelter/) |
| Victim Services | Offers support to individuals that have experienced a traumatic event such as; abuse, domestic violence, death, etc. | | Bruce Grey/ Owen Sound 519-376-7474.  Simcoe County 705-725-7025 ext 2120, | <https://www.saugeenshorespolice.com/services/victims/>  <https://www.barriepolice.ca/community/victim-crisis-assistance/> |
| Women's House | Women’s shelter for women and children that have experienced domestic violence. | | Address: 229 10th St E, OWEN SOUND  Number: [(519) 372-1113](https://www.bing.com/ck/a?!&&p=4b5c281344facd49JmltdHM9MTY2NzUyMDAwMCZpZ3VpZD0xODI3NGIzZC00NjcxLTZmMDctMTY0My01OTA3NDI3MTY5YmImaW5zaWQ9NTU5Ng&ptn=3&hsh=3&fclid=18274b3d-4671-6f07-1643-5907427169bb&psq=woman%27s+house+grey+bruce&u=a1dGVsOjUxOTM3MjExMTM&ntb=1) | [Women's house serving bruce and grey (whsbg.on.ca)](https://www.whsbg.on.ca/) |
| David Busby’s Centre | Shelter for women and men that are experiencing homelessness. | | Address: 88 Mulcaster St Barrie  Number: 705-828-3795 | <https://www.busbycentre.ca/> |
| Athena’s Sexual Assault Counselling & Advocacy Centre | | 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)  1-800-461-1750 (North Simcoe) | [*http://www.huroniatransitionhomes.ca/*](http://www.huroniatransitionhomes.ca/) |
| Cedar Centre | | 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  17705 Leslie Street, Unit 12, Newmarket, ON | [*www.cedarcentre.ca*](http://www.cedarcentre.ca/) |
| Women and  Children’s Shelter of  Barrie | | 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/*](http://barrieshelter.com/) |

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|  | **Social Services** | |  |
| Agency | Services Offered | Contact | Website |
| Service Ontario | Support in Licensing, stickers, and Health Card. | Bruce County: 1-800-267-8097 Collingwood: 705-445-3530 | <https://www.ontario.ca/locations/serviceontario> |
| Social Services | Office to support in application for Ontario Works, ODSP and other assistance programming. | Bruce County: 519-881-0431  Grey County: 519-376-7324 Collingwood 705-722-3132 | [Social assistance | ontario.ca](https://www.ontario.ca/page/social-assistance) |
| YMCA Employment | Offers support in Employments services such as job searching, resume building and interview skill building. | Bruce County: 519-371-9222 | <https://www.ymcaowensound.on.ca/> |

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|  | **Family Services** | |  |
| Agency | Services Offered | Contact | Website |
| Keystone Child, Youth and Family Services | As a child, youth, and family mental health lead agency we provide: information, counselling, and support for families. | 1793 3rd Avenue West, Owen Sound 519-371-4773 | [keystonebrucegrey.org](https://www.keystonebrucegrey.org/) |
| Anishinabek Child and Youth Prevention Services | Supports the mental health needs of children, youth & their families & caregivers who are members of Saugeen First Nation. Provides support in school, in the community or in office. | 23 Christine St Saugeen First Nation, ON   519-797-5000 | [**www.saugeenfirstnation.ca**](http://www.saugeenfirstnation.ca/) |
| Bruce Grey Child and Family Services | Child Protection Services servicing Bruce Grey for children and youth to the age of 18 years. | 640 2nd Ave E, Owen Sound 519-371-4453 | [Bruce Grey Child and Family Services (bgcfs.ca)](https://www.bgcfs.ca/) |

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|  | **Youth Justice Services** | |  |
| Agency | Services Offered | Contact | Website |
| YMCA Comm Justice Program | Diversion and Justice Programming for youth between 12-17 years old who have been involved in the justice system. | Owen Sound - 519-371-9230 | [Community Justice - YMCA of Owen Sound Grey Bruce (ymcaowensound.on.ca)](https://www.ymcaowensound.on.ca/community-initiatives/community-justice/) |