



Central Ontario  
Specialized Health Network

# Feelings Pathways

## A Guide To Mental Health Resources For Children And Youth In Simcoe & 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, each with its own list of feelings and resources that can help. Our hope is that this guide will help children, youth, 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**

#### Walk-in or Virtual Counselling

- 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 – 24/7

- **9-8-8 Suicide Crisis Helpline:** Connect to a crisis responder to get help without judgement
- 24/7 call or text if experiencing emotional distress or worry
- If your safety is at risk, call 9-1-1 right away
- Refer to **Page 5** for more information and resources



### I am In a Crisis

#### THIS IS AN EMERGENCY

I am engaging in unsafe behaviours that are putting yourself 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
- Visit your local Hospital Emergency Department: a Physician and a Mental Health Crisis Worker will assess risk and make a safety plan
- 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?

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) ☎ 705.421.5639 [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

## Apps Recommended by Children and Teens

### Breathe

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

### Balance

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

### BUDDHiFY

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

### MindShift CBT

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

### Headspace

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

### Daylio

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

### Simple Habit

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

### Rootd

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

### 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.

**Specialist Medical Consultation** ..... Page 6  
**Urgent Advice** ..... Page 6

### WALK-IN OR VIRTUAL COUNSELLING

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

### CFS Youth Counselling (12+)

Two options for counselling:

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

#### MUSKOKA & AREA

### Family Connexions Mental Health Counselling Clinic

[familyconnexions.ca/cymh](https://familyconnexions.ca/cymh) ☎ 705.645.4426

#### 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)



# 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 – 24/7 ··· 1.888.893.8333

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

**Suicide Crisis Helpline** .....  9-8-8

Call or text if you or someone you know is at risk of suicide.

 [988.ca](https://988.ca)

If this is an emergency, 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

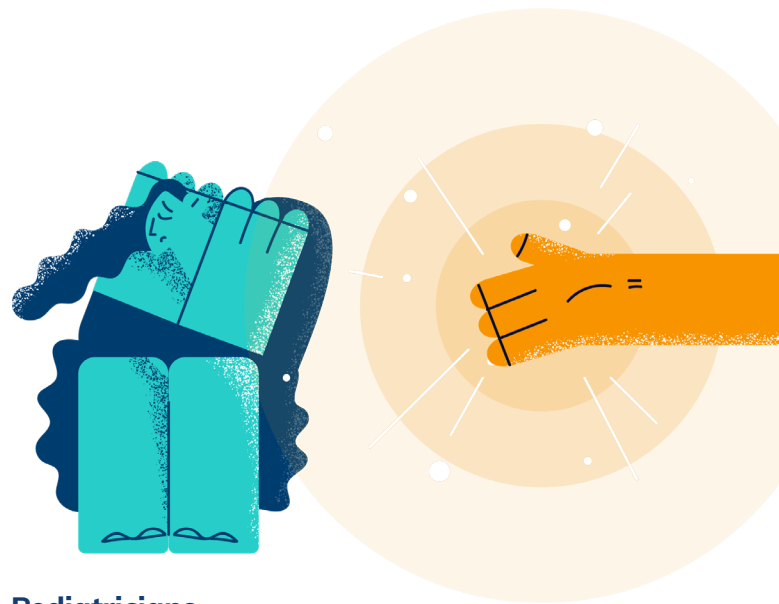
Provides community-based mental health care on a consultative basis; providing in-person and virtual appointments for children, youth and their families and urgent advice or eConsult for primary care providers.

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

## Child Psychiatrist Virtual Care Consultation via HANDS

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

1.877.507.7301



## 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

For Indigenous Services contact your Friendship Centre, Health Centre or Enaartig Community Mental Health ..... 1.705.330.4059

2-1-1 Ontario: Helpline for connection to social services, programs and community supports ..... Text or Call 2-1-1

## 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

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](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) ..... 1.800.680.4426

HANDS (Parry Sound) ..... 1.800.668.8555

CFS Counselling and Wellbeing (Simcoe County) ..... 705.726.2503  
[mentalhealth@schools.ca](mailto:mentalhealth@schools.ca)

La Cle Francophone Services ..... 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

Enaartig Healing Lodge & Learning Centre ..... 1.705.330.4059

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

Mental Health & Addiction Nurses in Schools .. [mentalhealthatschool.ca](mailto: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'Saani Youth Program 14+ (Aboriginal Mental Health Program) ..... 705.746.2512

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

2-1-1 Ontario: Helpline for connection to social services, programs & community supports ..... 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

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

### 9-1-1

If you are experiencing a medical emergency, please contact 9-1-1 or go to an emergency department or local hospital.

