

Mental Health Resources & Supports in our Community

Crisis Support:

- If you, or someone you know, is experiencing thoughts of suicide or is in extreme emotional distress

Canadian Mental Health Association (CMHA) Crisis Line ... (705) 728-5044

Cope Simcoe County ... 1-855-310-COPE

Royal Victoria Hospital ... 501 Georgian Dr, Barrie

Child & Youth Mental Health Unit ... contact through Emergency Dept

Southlake Regional Health Centre ... 596 Davis Dr, Newmarket

Child & Youth Mental Health Unit ... contact through Emergency Dept.

- In cases of immediate danger

Call 911

In need of someone to talk to:

Kids Help phone ... 1-800-668-6868

Mental Health Helpline ... 1-866-531-2600

Youth Space ... chat online with a counsellor at www.youthspace.ca

Or text at 788-783-0177

Counselling Support:

New Path ... Mental Health Walk in Clinic

- Free Counselling for children, youth & families
- Wednesdays and Thursdays 11am – 7pm

- (705) 725-7656
- 165 Ferris Lane, Barrie

Catholic Family Services ... Mental Health Walk in Clinic

- Free counselling for children, youth & families
- Wednesdays and Thursdays 12pm – 7pm
- (705) 726-2503
- 20 Anne St. S, Barrie

***do not be deterred by the 'Catholic' in the name. This is not religious counselling and no church affiliation is necessary.**

John Howard Society ... Youth Mental Health Walk in

- Tuesdays and Wednesdays 1pm – 7pm
- (705) 828-5670
- 530 - #80 Bradford St, Barrie

Web sites:

www.mindyourmind.ca

www.lgbtyouth.ca

www.newpath.ca

Apps:

Calm

Headspace

Code Blue