

# Child, Youth & Family Mental Health Support in the South Georgian Bay Region 2022

If you experience any difficulties connecting with child, youth and family mental health supports please reach out to the Georgian Bay Family Health Team by email or phone.

Georgian Bay Family Health Team - Clinical Access Team

Call: 705-444-5885

Email: [info@gbfht.ca](mailto:info@gbfht.ca)

## Counselling and Mental Health Support

### NEW!! [1door.ca](https://www.1door.ca)

Website: <https://www.1door.ca/>

Easy, quick access to counselling, peer support and a nurse practitioner for children 12.5 years and older.

You will be guided through each step. You will need your postal code, your doctor's name, a phone number, and an email address. If you do not have an email address to set up a video session, please select the phone-call or in-person option on top of the screen.

### NEW!! Headstrong- Collingwood Youth Centre

Book a free mental health appointment with a registered psychotherapist. Youth 12 -18 years can use a QR code to book. Parental Consent is not required.

The program runs Tuesdays, Wednesdays and Thursdays 3-8 pm.

The Youth Centre is located at 76 First Street, Collingwood. Phone: 705-444-0332 or drop in. [Drop-in | Collingwood Youth Centre](#)

Use this QR code to book an appointment.

[Headstrong | Collingwood Youth Centre](#)

## New Path

New Path is our lead agency for child, youth, and family support. You can receive in-person, call-in or video sessions. Reach out by calling, emailing, or booking a session on-line.

NEW! Quick Access Child and Youth Mental Health Clinic

Call: 705-725-7656 or 1-866-566-7656

Booking a session on-line:

<https://newpath.ca/quick-access-child-and-youth-mental-health-clinic/>

Website: <https://newpath.ca/>

## Crisis & Coaching Support

### Canadian Mental Health Association Regional Crisis Team

Professionally trained mental health counsellors provide telephone support during periods of crisis, mental health difficulty and when you are uncertain how to connect to community and professional services. They will link calls from children and youth to the child and youth regional crisis team.

Available 24/7 every day of the year.

Phone: 1-888-893-8333

### Regional Youth Crisis Team

Professionally trained therapists provide telephone support to children, youth and families experiencing mental health struggles and want support to cope in new ways and to receive guidance regarding mental health services that would be best for them at this time.

Available 7 days a week. Monday – Friday 9AM-9PM & Saturday and Sunday 9AM-5PM.

Call: 1-844-417-1945

### Kids Help Phone

Learn about mental health, talk to trained volunteers, build your skills & connect with other supports. There when you need to reach out anytime of the day any day of the year.

Available 24/7 every day of the year.

Call: 1-800-668-6868

Text: 686868

Website: <https://kidshelpphone.ca/>

### Hope for Wellness Help Line

Immediate help to all Indigenous Peoples across Canada

Available 24/7 every day of the year.

Call: 1-855-242-3310

Chat: <https://www.hopeforwellness.ca/>

### Life Voice - LGBTQQ22SI Crisis Supports

Immediate help and support for people who identify as LGBTQQ22SI+.

Call: 1-866-488-7386

Website: <https://www.lifevoice.ca/crisis-supports/lgbtq-crisis-supports>

### Bullying Hotline Canada

Immediate help for people experiencing harm from other people and friends.

1-877-352-4497

## Autism Supports

### Ontario Autism Program

Provincial program that families must register for when diagnosis of Autism received.

Call: 1-800-472-7789

Website: <https://www.ontario.ca/page/ontario-autism-program>

### Children's Treatment Network – Autism System Support

Regional program that guides families and professionals; and also provides education and treatment.

Call: 1-866-377-0286

Website: <https://www.ctnsy.ca/families.aspx>

### Kerry's Place – Simcoe County

Provides education, groups, and treatment for persons who experience autism.

Call: 1-833-775-3779    Email: [intake@kerrysplace.org](mailto:intake@kerrysplace.org)

Website: <https://www.kerrysplace.org/support-and-services/central-region/simcoe-county/>

## Community Resources, Social Services and Basic Needs Supports

Community Connections for Central East Ontario

Call: 211

Email: [info@communityconnection.ca](mailto:info@communityconnection.ca)

Website: <https://www.communityconnection.ca/>