

Child and Youth Mental Health Services in the South Georgian Bay Region



1Door

1door.ca provides quick access to a free counselling session and other support services. You choose a convenient date and time. This service is for everyone: youth, adults and families in Simcoe County and Muskoka.

Age: 12-15 years old
Website: 1door.ca
Referral Type: Self-Referral

Headstrong at Collingwood Youth Centre

Mental health support is now accessible to people between the ages of 12 and 18 at The Collingwood Youth Centre. Youth can access MH and Wellness support privately and without consent of an adult. Appointments can be booked online.



Age: 12-18
Website: Headstrong_|_Collingwood_Youth_Centre
Phone: (705) 444-0332
Address: 76 1st Street, Collingwood, ON
Referral Type: Self-Referral

Bounce Back

With BounceBack® you can design your very own mood-lifting program! Select workbooks, activities and videos to create your own self-help journey, or work with a trained coach over the phone! It's like building your very own BounceBack® toolkit.

Age 15+
Website: [Care_Providers_\(bouncebackontario.ca\)](http://Care_Providers_(bouncebackontario.ca))
Phone: 1-866-345-0224
Referral Type: Self-Referral

Catholic Family Services

Catholic Family Services (CFS) is an accredited registered charity offering professional counselling, psychotherapy and mental-wellness education. Our inclusive, affordable and accessible services are available to everyone living or working in Simcoe Muskoka.



Website: [Catholic_Family_Services_of_Simcoe_County_\(cfssc.ca\)](http://Catholic_Family_Services_of_Simcoe_County_(cfssc.ca))
Phone: (705) 726-2503
Referral Type: Self-Referral

Canadian Mental Health Association

We are passionate about providing person-centered Mental Health and Addiction services and supports.

Website: CMHA_Simcoe_County_-_Mental_Health_for_All
Phone: (705) 726-5033
Referral Type: Self-Referral



New Path Youth Services

New Path offers a range of free child and youth mental health services. Counselling services are now available in person, by phone and online.

Age: 17 and under
Website: New_Path_Youth_and_Family_Services
Phone: (705) 725-7656
Address: Locations_-_New_Path_Youth_and_Family_Services
Referral Type: Self-Referral

