



## 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](http://1door.ca)



## 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](http://Headstrong_|_Collingwood_Youth_Centre) Phone: (705) 444-0332

Address: 76 1st Street, Collingwood, ON



## 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



## CFS Counselling + Wellbeing

CFS Counselling + Wellbeing 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: [CFS\\_Counselling\\_+\\_Wellbeing](http://CFS_Counselling_+_Wellbeing) Phone: (705) 726-2503



## 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](http://CMHA_Simcoe_County_-_Mental_Health_for_All) Phone: (705) 726-5033



## 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](http://New_Path_Youth_and_Family_Services) Phone: (705) 725-7656

Address: [Locations\\_-\\_New\\_Path\\_Youth\\_and\\_Family\\_Services](http://Locations_-_New_Path_Youth_and_Family_Services)



## One Stop Talk

One Stop Talk offers children, youth, and their families immediate access to free mental health supports when and how they need them. The program provides single-session counselling support and ensures direct referral to additional services when needed. Services are provided through an integrated network of infant, child and youth mental health agencies across Ontario.

Age: 18 and under, parents and caregivers of children and youth under age 18

Website: [www.onestoptalk.ca](http://www.onestoptalk.ca)