

2022

SOUTH GEORGIAN BAY AREA

# ADULT MENTAL HEALTH RESOURCE GUIDE



**KNOW.**  
and **BE STILL.**

## START HERE

Experiencing a mental health emergency or crisis? Please call 911 or visit the emergency department of your nearest hospital  
For non-urgent mental health related care, please contact your family doctor

## CRISIS / HELPLINES

### ATHENA'S SEXUAL ASSAULT LINE

Toll-Free: 1-800-987-0799 | Book an appointment: 705-7372884

### ASSAULTED WOMEN'S HELPLINE

Tel: 1-866-863-7868 | For locating nearest shelter: www.sheltersafe.ca

### FEM'AIDE

Tel: 1-877-336-2433 | TTY: 1-866-860-7082  
Support for Francophone women facing gender-based violence

### SENIOR SAFETY LINE

Elder Abuse Prevention Ontario | 1-866-299-1010

### INDIGENOUS CRISIS INTERVENTION AND COUNSELLING

Tel: 1-800-668-6868 or text HELP to 686868

### MALE SURVIVORS CRISIS LINE

Tel: 1-866-887-0015

### MY FRIEND'S HOUSE

Support for women /children seeking a new life

Tel: 705-728-5044 | Toll-Free: 1-888-893-8333

### SIMCOE CRISIS LINE FOR ALL AGES

1-888-893-8333

### SMOKER'S HELPLINE

Tel: 1-877-513-5333 or text iQuit to 123456

### TALK SUICIDE

Canada Suicide Prevention Service. Tel: 1-833-456-4566 or text 45654 (4pm - midnight)

### THE CANADIAN HUMAN TRAFFICKING HOTLINE

1-833-900-1010

## NON-URGENT/DIRECT CARE

**CONTACT YOUR FAMILY DOCTOR** or  
The Georgian Bay Family Health Team:  
705-444-5885 | info@gbfht.ca

### 211 ONTARIO

Information and referrals to an array of Ontario's programs and services.  
Call: 211 or 1-877-330-3213.

### CONNEX ONTARIO

Directs to various mental health and addiction services. Tel: 1-866-531-2600

**MENTAL HEALTH RESPONSE UNIT**  
Collingwood OPP Detachment and  
Collingwood General and Marine Hospital  
(non-emergency number): 1-888-310-1122

### NSM HEALTHLINE

Up-to-date information on health services available for residents of North Simcoe Muskoka | 1-888-721-2222

### NATIONAL EATING DISORDERS INFORMATION

Tel: 1-866-633-4220

### ALCOHOLICS ANONYMOUS

South Georgian Bay Area | 705-752-8682.

Website to find nearby groups:

www.aa.org/find-aa

### O'SULLIVAN PSYCHOTHERAPY

705-996-0294 | Services limited to virtual or by telephone

### ORILLIA SOLDIERS' MEMORIAL HOSPITAL AFTER-BABY GROUP

Collingwood Location

Call: 705-325-2201 ext 3544

### INTEGRATED CARE AT HOSPICE GEORGIAN TRIANGLE

705-444-2555 ext 4

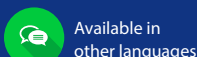
Grief and Bereavement Management;  
Caregivers

and patients of palliative care. One-on-one and group therapy

### Legend Key:



24/7 Availability



Available in other languages



Virtual



Requires referral



Service fee



Housing/shelter



### Legend Key:

- 24/7 Availability
- Available in other languages
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# ONLINE RESOURCES AND SUPPORT

- ABILITICBT**  
Free CBT to residents of Ontario | [www.myicbt.com](http://www.myicbt.com)
- BOUNCEBACKONTARIO**  
Canadian Mental Health Association. Free guided self-help program | [www.bouncebackontario.com](http://www.bouncebackontario.com)
- CALM APP**  
Designed to help with sleep, meditation and relaxation. Helps lead you to mindfulness with guided meditations, peaceful sounds, music etc. Found on Apple Store or Google Play Store.
- CMHA MENTAL HEALTH INFO**  
Simcoe County branch of CMHA provides full care system for those with addictions and mental health issues | [www.cmhastartalking.ca](http://www.cmhastartalking.ca)

- EMENTALHEALTH.CA**  
Free CBT to residents of Ontario | [www.myicbt.com](http://www.myicbt.com)
- GUIDED MIND APP**  
Guided meditations. Found on the Apple Store or Google Play Store.
- CANCERCONNECTION**  
Canadian Cancer Society - connect to an online cancer community | [www.cancerconnection.ca](http://www.cancerconnection.ca)
- MINDSHIFT APP**  
Uses scientifically-proven strategies based on Cognitive Behavioural Therapy to help users learn to relax, be mindful, develop more effective ways of thinking, and using active steps to take charge of anxiety. Found on Apple Store or Google Play Store.

- MIND YOUR MIND**  
Free CBT to residents of Ontario | [www.myicbt.com](http://www.myicbt.com)
- MINDBEACON**  
Digital Mental Health support. Free CBT online sessions for residents of Ontario. Other supports available | [www.mindbeacon.com](http://www.mindbeacon.com)
- MS SOCIETY**  
Virtual Self-Help group last Friday of every month. Call Marcia Spanier | 1-604-424-126 or email [marcia.spanier@mssociety.ca](mailto:marcia.spanier@mssociety.ca) to join.

# COMMUNITY SERVICES

- ALZHEIMER SOCIETY OF SIMCOE COUNTY**  
705-722-1066  
website: [www.alzheimer.ca/simcoecounty/en](http://www.alzheimer.ca/simcoecounty/en)
- CATULPA COMMUNITY SUPPORT SERVICES**  
705-703-3227 or Collingwood and Wasaga Beach area: 705-445-9770 | [www.catulpa.on.ca](http://www.catulpa.on.ca) | [info@catulpa.on.ca](mailto:info@catulpa.on.ca)
- COMMUNITY LEGAL CLINIC: SIMCOE, HALIBURTON, KAWARTHA LAKES**  
No in-person | Simcoe county call 705-326-6444 | Hours Mon - Fri 9am-12pm and 1-5pm

- OUT OF THE COLD COLLINGWOOD**  
Tel: 705-606-6589
- SALVATION ARMY FOOD BANK**  
Tel: 705-445-9222
- SOCIETY OF ST VINCENT DE PAUL**  
Emergency food bank | 705-444-0999
- SOUTH GEORGIAN BAY HOUSING RESOURCE CENTRE**  
Tel: 1-833-726-9082
- THE GUESTHOUSE**  
Emergency shelter Tel: 705-527-4111 ext 3
- TRACKS EMPLOYMENT CENTRE**  
Tel: 705-444-1580

- WASAGA BEACH MINISTERIAL FOOD BANK**  
705-429-6464 | [admin@wbfoodbank.ca](mailto:admin@wbfoodbank.ca)
- WOMEN & CHILDREN'S SHELTER OF BARRIE**  
Tel: 705-728-2544
- EATING DISORDERS ANONYMOUS**  
Online meetings for eating disorder recovery | [www.eatingdisordersanonymous.org](http://www.eatingdisordersanonymous.org)
- HOME HORIZON TRANSITIONAL SUPPORT PROGRAM**  
Tel: 705-445-5478
- E3 COMMUNITY SERVICES**  
100 Pretty River Parkway North  
Collingwood, ON L9Y 4X2  
Tel: 705-445-6351 email: [e3@e3.ca](mailto:e3@e3.ca)

# CULTURALLY-SPECIFIC CARE

- NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE**  
Tel: 1-866-925-4419
- ASIAN MENTAL HEALTH COLLECTIVE**  
[www.asianmhc.org](http://www.asianmhc.org)
- BLACK YOUTH HELPLINE**  
Tel: 1-833-294-8650
- CHIGAMIK COMMUNITY HEALTH CENTRE**  
Tel: 705-527-4154 | 1-855-527-4154
- ALL SAINTS' ANGLICAN CHURCH COLLINGWOOD**  
32 Elgin St. Collingwood, ON L9Y 4V2  
Tel: 705-445-3841

- LIBERATE APP**  
A safe space for the Black community to develop a daily meditation habit. Found on the App Store/ Google Play Store
- GEORGIAN BAY NATIVE FRIENDSHIP CENTRE**  
705-526-5589 | [gbnfc@gbnfc.com](mailto:gbnfc@gbnfc.com)
- FIRST BAPTIST CHURCH COLLINGWOOD**  
160 Pine st. Collingwood, ON L9Y 2N9 Tel: 705-445-2891 email: [fbcollingwood@gmail.com](mailto:fbcollingwood@gmail.com)

- M'WIKWEDONG INDIGENOUS FRIENDSHIP CENTRE**  
519-371-1147 | [admin@mwikwedong.com](mailto:admin@mwikwedong.com)
- TALK TOBACCO**  
Confidential program offering culturally-appropriate support for quitting smoking to indigenous communities | 1-833-998-8255
- 2 SPIRITS IN MOTION SOCIETY**  
[www.2spiritsinmotion.com](http://www.2spiritsinmotion.com) | instagram: 2spiritsmotion
- FIRST PRESBYTERIAN CHURCH**  
200 Maple St., Collingwood, ON L9Y 2R2  
Tel: 705-445-4651  
email: [firstchurch@rogers.com](mailto:firstchurch@rogers.com)

# LGBTQ2S+ SERVICES

- GILBERT CENTRE**  
Services moved online: [www.gilbertcentre.ca/Online](http://www.gilbertcentre.ca/Online) | 705-722-6778 | [info@gilbertcentre.ca](mailto:info@gilbertcentre.ca)
- 2 SPIRITS IN MOTION SOCIETY**  
[www.2spiritsinmotion.com](http://www.2spiritsinmotion.com) | instagram: 2spiritsmotion

- NATIONAL INDIAN RESIDENTIAL SCHOOL CRISIS LINE**  
LGBTQ knowledgeable practitioners; acupuncture; naturopathic medicine; psychotherapy; aqua therapy.  
1 Huron St. Collingwood ON L9Y 1C3  
Tel: 705-444-7866

- RAINBOW HEALTH ONTARIO** Resource directory and education | [www.rainbowhealthontario.ca](http://www.rainbowhealthontario.ca)
- TRANS LIFELINE**  
877-330-6366