

## **Orillia Walk-In Counselling & Mental Health Clinics/Resources**

**Couchiching Family Health Team: CFHT** (Adults & Youth) provides a FREE Single Session Counseling clinic to patients of the CFHT. No appointment or referral is required for this service.

**Location:** Mental Health Services at CFHT Building (119 Memorial Avenue, Orillia, Suite 202)

**Time:** Thursdays Only from 9:00 am to 11:30 am

**Phone:** 705-327-4141

**North Simcoe Muskoka Walk-In Counselling Clinic** (Adults & Youth) provides FREE single-session counseling that helps with a variety of concerns such as depression, anxiety, couple conflict, family relationship issues, stress, anger management, alcohol/drug use, parenting, and other life challenges.

**For More Information Call:** 1-888-726-2503

**Orillia Location:** 169 Front Street South (Orillia Common Roof Building)

**Time:** Mondays from 10:30 am to 4:30 pm

**OSMH Crisis Counselor (Adults & Youth)**

Available Monday-Friday from 8:00 am to 8:00 pm & Saturday-Sunday from 8:00 am to 6:00 pm

**Phone:** 705-325-2201 ext. 3536

**OSMH Acute Out-Patient Services** (Adults & Youth) provides outpatient consultation and follow up to those experiencing an acute or persistent psychiatric illness.

Phone: 705-325-2201 ext. 6415

**Mental Health Crisis Line** (Adults & Youth): is a 24 hr Crisis Line for Support at 1-888-893-8333 or at 705-728-5044

**Canada Suicide Prevention Service:** Call 1-833-456-4566

**Kids Help Phone:** Call 1-800-668-6868

**Text Based Crisis Line:** Text "HOME" to 686868

**LGBTQ Youthline:** 1-800-268-9688

**BounceBack Ontario** is a FREE skill-building program managed by the Canadian Mental Health Association (CMHA). It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

**Accessed Online at:** <https://bouncebackontario.ca/>

**Phone:** 1-866-345-0224

**Ontario Structured Psychotherapy (OSP)** via Waypoint (Adults Only) is for individuals who are 18 years + suffering with depression anxiety-related conditions. The service(s) recommended will depend on what's deemed appropriate for individual needs.

**Accessed Online at:**

[http://waypoint.hosted.medcreate.com/programs\\_and\\_services/ontario\\_structured\\_psychotherapy](http://waypoint.hosted.medcreate.com/programs_and_services/ontario_structured_psychotherapy)

**Phone:** 1-877-341-4729 ext. 2883

## **Orillia Walk-In Counselling & Mental Health Clinics/Resources**

**New Path** (Youth Only) provides FREE counseling for children, youth and their families up to the age of 18 years old. Please go online at [www.newpath.ca](http://www.newpath.ca) and print the forms for the walk-in clinic and bring them with you.

**For More Information Phone:** 705-725-7656 or 1-866-566-7656

**Orillia Location:** 169 Front Street South (Orillia Common Roof Building)

**Time:** Wednesdays from 11:00 am to 7:00 pm (pls note that last appt(s) are taken at 5:30 pm)

**John Howard Society “All About Youth” Mental Health Walk-In Program** (Youth Only) is a FREE walk-in counseling service available to youth ages 12-24 who are experiencing a variety of mental health challenges including: depression/anxiety, stress, poor self-esteem, relationship issues, eating disorders, addictions, sexual identity, anger management, grief/trauma, abuse/bullying, and homelessness. Please note that youth do not need to be involved with the criminal justice system to access this service and they do not need a health card or referral. Patients can self refer and will be seen on a first come, first served basis.

**Location:** 17 Colborne Street East (Unit 109), Orillia ON

**Time:** Thursdays from 1:00 pm to 7:00 pm and Saturdays from 11:00 am to 2:00 pm

**2-1-1 Ontario** is an award winning helpline and website that provides information on and referrals to Ontario's community, social, health-related and government services. The vision for 211 Ontario is to be the primary source of information and gateway to human services for individuals and planners.

**Website:** <https://211ontario.ca/>

**Phone:** 2-1-1

**Postpartum Depression Support Contact (OSMH – Perinatal Mental Health Program)**

**Phone:** 705-327-9122 OR

**Phone:** Jamie Charlebois (North Simcoe Muskoka) at 705-345-9049

**Healthy Babies Healthy Children (SMDHU – Simcoe Muskoka District Health Unit)**

Home visiting for pregnant women and families with children up school entry. Provides information about perinatal mood and anxiety disorders, strategies around coping, tips for nurturing yourself, ways for improving communication with loved ones, referrals to local counseling and information about community resources including groups for perinatal mood and anxiety disorders.

**Phone:** 705-721-7520 or 1-877-721-7520

**Email:** [www.simcoemuskokahealth.org](http://www.simcoemuskokahealth.org)

**Health Connection (SMDHU – Simcoe Muskoka District Health Unit)**

Information and resources on perinatal mood and anxiety disorders, postpartum health, breastfeeding, parenting, local community programs and support services and much more. Public health professionals available Monday to Friday from 8:30 am – 4:30 pm

**North Simcoe Muskoka (NSM) Trans Health Services** provides comprehensive and supportive care to Trans individuals seeking health care. Our peer support navigator and team of health care professionals provide inclusive medical care and support to help clients identify and achieve their transition goals.

**Location:** 119 Memorial Avenue, Orillia ON

**Phone:** 705-329-3649 ext. 391 (Monday-Friday from 8:00 am to 4:00 pm)

**Trans Lifeline:** 1-877-330-6366