

NEED SOMEONE TO TALK TO? NOT SURE WHERE TO START?

There are lots of local resources that you can access if you are starting to think about getting support for your life stressors or mental health concerns

For more information or to find the place that might be right for you, call **211**

WALK-IN COUNSELLING - NO APPOINTMENT NECESSARY. FOR INFO ON LOCATIONS AND TIMES:

CATHOLIC FAMILY SERVICES OF SIMCOE COUNTY (AGE 12+) WWW.CFSSC.CA

NEW PATH YOUTH AND FAMILY SERVICES (AGE 0-18)..... WWW.NEWPATH.CA

JOHN HOWARD SOCIETY OF SIMCOE & MUSKOKA (12-24) JOHNHOWARD.ON.CA/MUSKOKA/

CMHA BARRIE (16+)..... CMHASTARTTALKING.CA/YOUTH/

IF YOU ARE STARTING TO LOSE HOPE, ARE FEELING LONELY, OVERWHELMED, HAVE THOUGHTS OF ENDING YOUR LIFE OR AREN'T SURE WHERE TO TURN OR WHAT TO DO ...

PLEASE TELL SOMEONE. YOU ARE NOT ALONE.

TALK TO A TRUSTED FRIEND, A PARENT, A COACH, A TEACHER, A COUNSELLOR, A SCHOOL SOCIAL WORKER, GUIDANCE COUNSELLOR, SPIRITUAL LEADER OR OTHER TRUSTED PERSON.

YOUTH RESOURCES

KIDS HELP PHONE 1.800.668.6868
LGBT YOUTHLINE..... 1.800.268.9688
GOOD 2 TALK(PPOST SECONDARY) 1.866.925.5454

LOCAL MENTAL HEALTH CRISIS LINES (ALL AGES)

SOUTH SIMCOE..... 1.905.310.COPE
DISTRICT OF MUSKOKA..... 1.844.287.9072
SIMCOE COUNTY 705.728.5044

ALL OF THE ABOVE RESOURCES ARE 24/7. IF IT'S AN EMERGENCY PLEASE CALL 911