

PERINATAL MENTAL HEALTH HELP AND SUPPORT IN NORTH SIMCOE MUSKOKA

For immediate assistance:

- Call 9-1-1
- Visit your local hospital emergency department (ER)
- Visit a local walk-in clinic in your community
- Call the Mental Health Crisis line at 705-725-5044 or 1-888-893-8333

Visit your Family Physician/Nurse Practitioner

If your health care provider is part of the Family Health Team or community Health Centre, you have access to free time-limited counselling and different groups.

Increasing Access to Structured Psychotherapy (IASP)

Waypoint 1-877-341-4729 ext 2883 or email: IASP@waypointcentre.ca

A program funded by the Government of Ontario to provide individuals 18+ who are experiencing mild to moderate anxiety or depression with access to free in-person individual or group Cognitive Behavioural Therapy. In North Simcoe Muskoka, the program is being delivered in a wide-range of settings, including primary care, community mental health and family services agencies. To access the program, a referral must be made by a primary care provider or other regulated health professional.

Orillia Soldiers' Memorial Hospital Community Mental Health Program

705-325-2201 ext. 3122

Treatment plans for eligible persons may include health education, counselling, and support for people who have a serious mental illness. This program provides active community support for individuals with serious mental illness so that they can manage their illness, maintain stability and enjoy their preferred normal activities and relationships.

You may also be interested in the **Day Hospital Program** which provides interventions for acute symptoms of mental illness or psychosocial stressors that interfere with daily living as an alternative to an in-patient admission. This program provides group and individualized support, averages three weeks in length, with the expectation that patients attend daily from Monday to Friday. For more information call 705-325-2201 ext. 6395

Royal Victoria Regional Health Centre Mental Health & Addiction Program

705-728-9090

The Mental Health and Addiction Program provide opportunities for consultation, group therapy, brief transitional case management, and individual and family supportive counselling. Programs can be best accessed through physician referral.

Collingwood General Marine Hospital (CGMH) Community Mental Health Service

705-444-6600

Similar to the services listed at OSMH & RVH, CGMH has a Psychotherapist who has been extensively trained in treating women with PMD for over 6 years. Must live within the Collingwood catchment area to access programs and services.

North Simcoe Muskoka Walk-in Counselling Clinic (Barrie, Collingwood, Orillia, Midland, Bracebridge, and Huntsville)

705-726-2503 or 1-888-726-2503 www.NSMwalkincounselling.ca

Walk-in Counselling Clinics provide FREE single session counselling on a drop-in basis and offer quick access to support for individuals, couples and families. Walk-In counselling for immediate health issues is an innovative and effective solution for Ontarians experiencing mental health issues including anxiety, depression, addictions, and relationship conflicts.

After Baby Group

A group for parents who are struggling with post-partum mood changes. Whether it is symptoms of depression or anxiety, this group will offer tools and strategies to help parents cope. All groups are held at EarlyON Child and Family Centres in the community (free child minding and snacks provided). For more information, locations and to register please contact the Regional PMD Coordinator @ 705-325-2201 ext. 3544

Simcoe Muskoka District Health Unit (SMDHU) - Health Connection Line

705-721-7520 or 1-877-721-7520

Information and resources on postpartum mood disorders, postpartum health, breastfeeding, parenting, local community programs and support services etc. are provided at this free telephone line provided by the SMDHU. Public health professionals are available on the line Monday to Friday from 8:30 a.m. – 4:30 p.m.

Simcoe Muskoka District Health Unit - Healthy Babies Healthy Children (HBHC)

705-721-7520 or 1-877-721-7520

The HBHC program offers universal screening opportunities and home visiting services for families who may benefit from additional support. Public health nurses and family home visitors work together to provide information, education and resources; early identification and support for healthy child growth and development; support for positive parenting and parent-child relationships; and, recommendations and referrals to community resources.

Canada Prenatal Nutrition Program

Simcoe – 705-733-3227 ext. 2236, Muskoka - 705-645-3155

MotherCare in Simcoe/Great Beginnings in Muskoka: A friendly and supportive drop-in environment for pregnant women and new mothers. The program is geared toward promoting and encouraging healthy pregnancies. Participants receive support and information on a wide-range of relevant issues such as breast-feeding, health, pre and postnatal nutrition and community resources. In addition, free milk, nutritious foods, and prenatal vitamins are provided.

Next Step/Great Beginnings Growing Up Program: Addresses an identified gap in services for at-risk women and children under 3 years old. The program supports healthy families by providing nutrition, health, parenting and child development information and resources for women.

Ontario 211 – Community and Social Services Help Line

2-1-1

Provides a gateway to community, social, non-clinical health and related government services. 211 helps to navigate the complex network of human services quickly and easily, 24 hours a day, 7 days a week, in over 150 languages.

CMHA Mental Health & Addiction Services of Simcoe County

Crisis Service

1-888-893-8333

Telephone crisis line for youth and adults experiencing a personal crisis in Simcoe County /Muskoka District. Services available 24 hours, 7 days a week. Call to speak with a professionally trained mental health and addictions counsellor.

Motherisk Helpline

1-877-439-2744

Expert information on medications, herbal products, vitamins, infections, chemical exposures, occupational exposures, environmental exposures and medical conditions during pregnancy and breastfeeding.

TeleHealth Ontario

1-866-797-0000

Free, confidential telephone service to get health advice or general health information from a registered nurse. Available 24 hours, 7 days a week.

BounceBack Ontario (CMHA)

1-866-345-0224 or Bouncebackontario.ca

A free guided self-help skill building program designed to help adults and youth 15+ manage symptoms of depression and anxiety. During three to six telephone sessions, trained BounceBack coaches will support you to work through the self-help workbooks at your own pace.

Big White Wall (BWW)

<https://www.bigwhitewall.com/v2/Home.aspx>

Big White Wall is a digital mental health support service which is available online, 24/7, and is completely anonymous so you can express yourself freely and openly. Professionally trained Wall Guides monitor the community to ensure the safety and anonymity of all members. In addition to BWW's online community, you will have access to a wealth of useful information and can work through tailored self-help programmes covering topics such as anxiety, sleep, weight management, depression and many more.

Women's College Hospital Mothers Matters

mothermatters@wchospital.ca

Mother Matters is an 8-week online support group run by the Mental Health Program at Women's College Hospital. It will take place on a confidential discussion board, giving you the opportunity to share your thoughts, feelings, and experiences, while learning from and supporting other mothers. Each week a new topic will be explored, relating to issues that commonly emerge during the first year of life with a new baby.

Postpartum Support International

<http://www.postpartum.net/psi-online-support-meetings/>

Online Support meetings

Weekly online support meetings for moms

Chat with an Expert

1-800-944-8766 code #73162#

Chat for mom's: Every Wednesday night at 7pm, Chat for Dad's: first Monday of each month at 7 pm