

## Community Resources for Mental Health and Addiction Problems

### Internal RVH Resources

Department	Services Offered	Contact Information
Human Resources	Support and provide resources to staff	Ext. 42325
Occupational Health	Support with health related concerns	Ext. 42350
Employee Assistance Program	Counselling and support for employees and family members and consult and information for Managers, wellness seminars	RVH HR Hub 1-800-663-1142
Mental Health & Addiction Program	Assessment, Counselling and treatment for mental health and addiction problems	Ext. 47260
Withdrawal Management Services	24 hour service, telephone support and residential non-medical withdrawal management services	705-726-3833 1-866-850-7034

### External Resources – North Simcoe Muskoka LHIN

Agency	Services Provided	Website
Canadian Mental Health Association	Offers range of community based mental health and addiction services	<a href="http://www.cmha-mhassc.ca">www.cmha-mhassc.ca</a>
Mental Health Crisis Line	24 hour crisis line for support	<a href="tel:705-728-5044">705-728-5044</a> <a href="tel:1-888-893-8333">1-888-893-8333</a>
Family Mental Health Initiative	Provides education and support to family members	<a href="http://www.fmhi.ca">www.fmhi.ca</a>
Family Health Team	Team of interprofessional health care providers providing care and treatment in the community	<a href="http://www.barriefht.ca">www.barriefht.ca</a>
Catholic Family Services Walk In Counselling Services	Provides professional counseling services and education	<a href="http://www.cfssc.ca">www.cfssc.ca</a>
Community Health Centres	Offers community-focused health promotion, illness prevention and primary health care services	<a href="http://www.bchc.ca">www.bchc.ca</a> <a href="http://www.southgeorgianbaychc.ca">www.southgeorgianbaychc.ca</a> <a href="http://www.chigamik.ca">www.chigamik.ca</a>
Catulpa Community Support Services	Offers services to individuals with a developmental disability	<a href="http://www.catulpa.on.ca">www.catulpa.on.ca</a>
Mindfulness Based Stress Reduction Program	Offers programs to help individuals with anxiety, stress,	<a href="http://www.centerforinnerfreedom.com">www.centerforinnerfreedom.com</a>

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	depression and chronic pain	
Mood Disorders Support Program	Offers support group for individuals with a mood disorder	<a href="http://www.cmha-mhassc.ca">www.cmha-mhassc.ca</a>
Mood Disorders Association of Ontario	Offers free support programs for individuals with depression, anxiety and bipolar	<a href="http://www.mooddisorders.ca">www.mooddisorders.ca</a>
Waypoint Centre for Mental Health Care	Psychiatric Mental Health Centre – provides range of acute and long term psychiatric inpatient and outpatient services	<a href="http://www.waypointcentre.ca">www.waypointcentre.ca</a>
Newpath Youth and Family Services of Simcoe County	Children’s mental health centre – provides services to children, youth and their parents	<a href="http://www.newpath.ca">www.newpath.ca</a>
Kinark Child and Family Services	Children’s Mental Health organization –provides services to children, youth and their families	<a href="http://www.kinark.on.ca">www.kinark.on.ca</a>
Enaahdig Healing Lodge and Learning Centre	Holistic healing and learning based on Aboriginal culture	<a href="http://www.enaahdig.ca">www.enaahdig.ca</a>
Mental Health and Addiction Treatment Services/Program in Ontario	Provides a directory of <u>all</u> mental health and addiction services in Ontario	<a href="http://www.connexontario.ca">www.connexontario.ca</a>
Addiction Outreach Muskoka Parry Sound	Provides Addiction Services	<a href="http://www.aomps.com">www.aomps.com</a>
Kids Help Phone	Professional counseling service for young people from 5-20 years of age	<a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>
Simcoe Muskoka District Health Unit	Provide health promotion and prevention services on various public health issues.  Healthy Babies, Healthy Children. (post-partum support)	<a href="http://www.simcoemuskokahealth.org">www.simcoemuskokahealth.org</a>
National Eating Disorders Information Centre	Support to individual and families related to eating disorders	<a href="http://www.nedic.ca">www.nedic.ca</a>
Eating Disorders Services – RVH	Provide outpatient eating disorder services to youth up to the age of 18	<a href="http://www.rvh.on.ca">www.rvh.on.ca</a>
Sheena’s Place	Provides support and treatment for individuals aged 17 and older that have an eating disorder	<a href="http://sheenasplace.org">sheenasplace.org</a>

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Women's Shelter of Barrie	Provide emergency housing for women (and children) experiencing an abusive situation. Other services provided as well	<a href="http://www.barrieshelter.com">www.barrieshelter.com</a>
Assaulted Women's Healthline	Provides support to women experience abuse	<a href="http://www.awhl.org">www.awhl.org</a>
Kids Help Line	Telephone and online counselling	1-800-668-6868
Canadian Armed Forces – Mental Health Forces	Provide mental health support and services to Canadian Armed Forces members and their families	Forces.gc.ca 1-800-268-7708 (24/7 members assistance program) 1-800-866-4546 (24/7 family information line)

For a complete list of community resources and services visit the Barrie Public Library website, and click on community resources.

### Helpful Websites:

[www.feelingbetternow.com](http://www.feelingbetternow.com) Feeling Better Now

[www.mentalhealthworks.ca](http://www.mentalhealthworks.ca) Mental Health Works

[www.problemgambling.ca](http://www.problemgambling.ca) – Problem Gambling

[www.mentalhealth.ca](http://www.mentalhealth.ca) – Mental Health

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) – Mental Health and Substance Use Information

[www.camh.on.ca](http://www.camh.on.ca) – Resources/Services/Education for Mental Health and Substance Use Disorders

[www.thejackproject.org](http://www.thejackproject.org) – The Jack Project – Suicide Prevention

[www.mindyourmind.ca](http://www.mindyourmind.ca) – Mind Your Mind

[www.good2talk.ca](http://www.good2talk.ca) - Good 2 Talk – resource for students

[www.rightbyyou.ca](http://www.rightbyyou.ca) – Campaign to promote mental health and reduce stigma

[www.bphope.com](http://www.bphope.com) – Online resource for bipolar disorder information

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[www.moodgym.anu.edu.au](http://www.moodgym.anu.edu.au) – online interactive program to learn CBT to cope with depression and anxiety

### Helpful Apps:

MindShift – focus on managing anxiety  
PTSD Coach – for symptoms related to PTSD

### Self Help Books

Mind Over Mood: Change How you Feel By Changing the Way You Think  
Dennis Greenberger and Christine Padesky

Feeling Good – The New mood Therapy  
David D. Burns

The Anxiety and Phobia Workbook  
Edmund Bourne