



TRANSITIONAL AGE YOUTH
PSYCHIATRIC CONSULTATION SERVICE
PHONE: 705-333-1751
FAX: 705-527-1780

RESOURCES TO CONSIDER

www.kidshelpphone.ca

Kids Help Phone
1-800-668-6868

www.thejackproject.org

The Jack Project at Kids Help Phone promotes young people's mental health by providing them with much-needed information and support as they move from late-high school into college, university, or independent living. We also equip key adults – parents, family members, and educators – with the knowledge they need to support the young people in their lives.

www.mindyourmind.ca

Description: A place for youth and emerging adults to access information, resources, and tools during tough times.

www.howtochill.ca

How to chill: A Girls' Guide to Surviving Stress

www.kinark.on.ca

Kinark Child and Family Services
Central Intake 1-888-454-6275

Description: A children's mental health organization that provides help to children and youth, families and communities.

- Youth Mobile Crisis Response Service
- L.I.F.T. - Life Skills and Independence for Teens, Jackie Allan-Duggan, 705-526-7774

www.linkinyouth.ca/lift

www.shared-care.ca/toolkits

Source: Collaborative Mental Health Care Canada.

Description: One in five children suffers from at least one mental health disorder, and co-morbidity (more than one) is the rule rather than the exception. The rationale for developing the Child & Youth Mental Health toolkits came out of many discussions with healthcare providers who expressed a need for a practical, user-friendly resource for screening, assessment and treatment of child and youth mental health problems commonly presenting in primary care.

www.teenmentalhealth.org

Source: Sun Life Financial Chair in Adolescent Mental Health, a partnership between Sun Life Financial, Dalhousie University and IWK Health Centre.

Description: If you are on our site, it is probably because you, or someone that you know and love, is experiencing some symptoms that are out of the ordinary. You might be wondering if they are having a mental disorder and want to get more information towards understanding mental health and mental illness. We developed this site as place we could share information, resources and help individuals move in the right direction towards understanding mental health.

www.cmhasim.ca

The Canadian Mental Health Association, Simcoe County

Phone #: 705-725-5491

Description: CMHA is a nation-wide, charitable organization that promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

- Youth worker Lisa Richert, Midland Youth Project, Midland Office 705-526-0393, ext. 405 Attends local high schools MSS, PSS, St. Theresa's and ALPS. In summer, drop-in program.
- Youth Services, Barrie. Youth workers Jenny Wiley, ext 234
- Adult addiction services Crystal Bell, Barrie 705-726-5033

www.kidsmentalhealth.ca

Source: Children's Mental Health Ontario (CMHO)

www.fmhi.ca

Family Mental Health Initiatives of Simcoe County

Phone: 705-725-0363

Toll free: 1-800-324-3252

Description: FMHI provides support through education, training and referral, to the family members of those individuals with serious and persistent mental illness difficulties. This will enable those families to adequately fulfil their roles in relationship to their family member(s), the mental health system and the community.

www.cfssc.ca

Catholic Family Services of Simcoe County

Midland Office phone: 705-526-9397

Walk-In counselling Clinic @ Midland office, 345 Midland Ave., every 1st and 3rd Tuesday of the month.

Description: In the spirit of hope and compassion, CFSSC together with community partners is committed to providing professional counseling, education and advocacy to heal and strengthen family and individual life.

www.simcoecountycoalition.ca

The Child, Youth and Family Services Coalition is a countywide alliance of organizations providing services to children, youth and their families in Simcoe County

www.211ontario.ca

or dial 211

'When you don't know where to turn'.

211 helps people find the right community and social services.

www.camh.net

The Centre for Addictions and Mental Health (central facilities located in Toronto and 32 community locations throughout the province) is a leading addiction and mental health organization, integrating specialized clinical care with innovative research, education, health promotion and policy development. CAMH combines clinical care, research, education, policy and health promotion, to transform the lives of people affected by mental health and addiction issues.

Mental Health Crisis Line

705-728-5044

General Reference

http://www.aacap.org/cs/root/facts_for_families/facts_for_families

- a site run by the American Academy of Child and Adolescent Psychiatry
- lots of info for parents and families about a variety of issues

<http://www.nimh.nih.gov/publicat/index.cfm>

- a site run by the National Institute of Mental Health
- lots of booklets and fact sheets on child and adult mental health topics

<http://www.parentbooks.ca/>

- an excellent bookstore for parents, therapists
- click on "Browse Booklists" for lists of useful references

<http://www.cavershambooksellers.com>

- an excellent bookstore specializing in mental health related topics