

Feelings Pathways

A Guide To Mental Health Resources for ADULTS In Simcoe County & Muskoka.

When you are experiencing concerns with your mental health, it is difficult to know where to turn for help. This guide is a comprehensive and thorough list of resources for those displaying a range of mental health symptoms specific to depression and/or anxiety.

The purpose of the guide is to increase access to mental health supports and can also be used as a conversation starter with Primary Care or a Mental Health Worker within your community to point you to the right resources at the right time.

I AM FEELING



Overwhelmed or Unsure **Page 3**

I am wondering how to better deal with stress and my emotions.



Hopeless, Unmotivated, or Constantly Worried **Page 5**

I am having trouble getting through the day.



Impulsive or Agitated **Page 6**

I am losing control over my actions/behaviours.



In a Crisis **Page 8**

I am engaging in unsafe behaviours that are putting myself or others at risk.



Care Pathway Flow Chart

What's Happening?

Who Can Help

Feeling Overwhelmed or Unsure

MENTAL HEALTH CHECK

I am not feeling like myself and wondering how to better cope with stress and emotions.

Self Care & Navigation Resources

- Self-referral to mental health community resources to help manage your feelings around mental health and stress.
- Access to counselling, psychotherapy, education, and services
- Refer to **Page 3** for more information



Feeling Hopeless, Unmotivated, or Constantly Worried

SUPPORT NEEDED

I am having problems sleeping and concentrating, feeling disconnected, the things I used to enjoy aren't fun anymore.

Primary Care

- Physician or Nurse Practitioner assessment and medical treatment
- If urgent care is needed refer to **Page 8**

Counselling and Community Services

- Refer to Page 5 for resources
- For more intensive and ongoing services, refer to **Page 7**



Feeling Impulsive or Agitated

URGENT NEED FOR HELP

I am acting out in uncharacteristic ways, bouts of anger, personal relationships are affected.

Mental health crisis lines

- Assess for risk, make a safety plan and give next steps
- Refer to **Page 6** for more information

9-8-8 Suicide Crisis Helpline

- Connect to a crisis responder to get help without judgement
- Refer to **Page 6** for more information

Intensive or ongoing services

- Outpatient Mental Health Services
- Peer Support Services and Support for Substance Use



I am In a Crisis

THIS IS AN EMERGENCY

I am engaging in unsafe behaviours that are putting myself or others at risk.

9-8-8 Suicide Crisis Helpline

- Connect to a crisis responder to get help without judgement.
- 24/7 call or text if experiencing emotional distress or worry

Hospital Emergency Department or Call 911

- An Emergency Department team will assess risk, make a plan for safety and determine next steps.
- Referral to an in-patient program at a hospital providing mental health and addictions supports. Waypoint, Royal Victoria Regional Health Centre (RVH), or Orillia Soldiers Memorial Hospital (OSMH) may be needed. Refer to **Page 8** for more information.



I am Feeling Overwhelmed or Unsure 😞

What's Happening?

- Have you noticed that you're not feeling like yourself and not able to articulate what is wrong?
- Do you need help managing your stress and emotions?
- Are you unsure as to where you should start to get help?

If you answered **YES** to one or any of these questions, consult the list of Self Care and Online Resources below.

Self Help Techniques to Recover from Depression

1	Consult a therapist
2	Shift your mindset
3	Connect with others
4	Manage stress
5	Set realistic goals
6	Avoid substance abuse
7	Build & follow a routine
8	Exercise regularly
9	Practice better sleep hygiene
10	Have a healthier nutritious diet

Other techniques can include spending time outside, cuddling with a pet, practicing self-care, journaling, and practicing mindfulness.

Chart courtesy of Mind.Help

mind.help/topic/major-depressive-disorder/coping-strategies

Self Care & Online Resources

Anxiety Canada Mindfulness Exercises

Non-facilitated self-help virtual resources on mindfulness and relaxation

anxietycanada.com/articles/mindfulness-exercises

Be Safe

Safety plan app

besafeapp.ca

BounceBack Ontario

Available through the Ontario Structured Psychotherapy Program. Guided self-led resources to support adults and youth manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered by phone with a coach and through online videos.

bouncebackontario.ca

My Anxiety Plan (MAP)

Virtual, individual non-facilitated and facilitated self-help program for adults with mild to moderate anxiety.

maps.anxietycanada.com/courses/anxiety-plan-for-adults

PocketWell

Free app for tracking mood from Wellness Together Canada.

wellnesstogether.ca/en-ca/resource/pocketwell

Antidepressant Skills Workbook

A self-care guide for depression (to be used in combination with depression treatments).

psychhealthandsafety.org/asw

Muse

Your Real-Time Meditation Coach

muse.mu



Community Mental Health Resources

Ontario Structured Psychotherapy (OSP) Program

Help manage your feelings of depression, trauma and anxiety related concerns.

📞 therapyontario.ca 📞 1.877.341.4729 x 2883

Minookmii via OSP

Therapy for Indigenous Adults

📞 therapyontario.ca/minookmii 📞 1.877.341.4729 x 2883

Canadian Mental Health Association

30 branches that provide community mental health services.

📞 ontario.cmha.ca

CFS Counselling + Wellbeing

Counselling, psychotherapy, & mental-wellness education.

📞 cfssc.ca 📞 705-726-2503 or 1-888-726-2503

Chigamik Community Health Centre

Virtual & phone appointments - single session counselling.

📞 chigamik.ca 📞 705-527-4154

Wendat Community Programs

Short-term help & support for individuals, family, & caregivers.

📞 wendatprograms.com/brief-service

📞 705-526-1305 ext. 230 or 245

Connex Ontario

Mental health system navigation and information.

📞 connexontario.ca

📞 1.800.531.2600 (Mental Health)

📞 1.800.565.8603 (Addictions)

211Ontario.ca

Mental Health Services.

📞 211ontario.ca

1Door.ca

Quick access to free counselling session & support.

📞 1door.ca

B'sannibamaadsiwin

Indigenous Mental Health and Addictions Program

📞 mps.cmha.ca/programs/bsaanibamaadsiwin 📞 705.746.2512

Mamaway Wiidokdaadwin Community Programs

📞 mamaway.ca

Hope for Wellness

Mental health counselling and community-based cultural and emotional support for Indigenous people.

📞 hopeforwellness.ca/additional-support 📞 1.855.242.3310

Talk4Healing

Talk & text to support Indigenous women by Indigenous women.

📞 beendigen.com/programs/talk4healing 📞 1-888-200-9997

PCFCCconnect.org

Resource information, support, and education to service users, and providers.

📞 pcfconnect.org

Ontario Caregiver Organization

Support for caregivers to improve their caregiving experience.

📞 ontariocaregiver.ca

RainbowHealthOntario.ca

Resources created for support LGBTQ Mental Health.

📞 rainbowhealthontario.ca

Lacle.ca

Francophone resources to support the Francophone community and service navigation.

📞 lacle.ca

MoodDisorders.ca

Free support and recovery programs to people across Ontario living with depression, anxiety or bipolar disorder.

📞 mooddisorders.ca

Good2Talk

Free confidential support services for Post-Secondary Students in Ontario

📞 good2talk.ca

10 Tips to Reduce Anxiety

1	A Daily Routine of Practicing Breathing Use the Headspace app to get started.
2	Gratitude List 2 things you are grateful for every day.
3	Put a Positive Spin on Your Day Read the "Put a Positive Spin on Your Day" Haiku by Susan Spellman.
4	Take Action Exercise, get outside, change your thinking patterns.
5	Talk things Out With a friend, therapist, doctor or counsellor.
6	Confront Those Fears Feel the fear, confront and face them one at a time.
7	Create Find something you love to do and do it!
8	Discover Discover your triggers and journal them.
9	Be kind to Your Mind Treat yourself like you would your best friend.
10	Give Back Volunteer! Make a difference in someone's life.

Chart courtesy of Counsellor Talk

📞 counsellortalk.com/2018/04/21/10-tips-for-reducing-anxiety



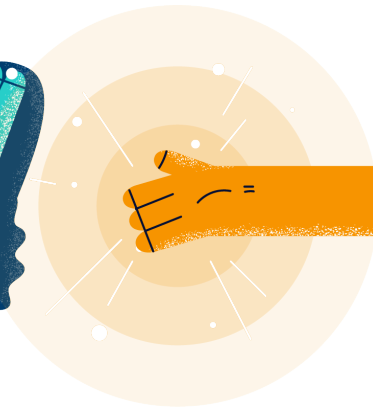
I am Feeling Hopeless, Unmotivated, or Constantly Worried

What's Happening?

- Are you losing sleep due to constantly being consumed with worrying thoughts?
- Do you feel like everything is pointless?
- Are things that you used to enjoy no longer fun?
- Do you feel like you are numb and disconnected?
- Feeling depressed and/or anxious?

If you answered **YES** to one or any of these questions, consult our *Who Can Help* list of resources here.

More Intensive or Ongoing Services on Page 7



Who Can Help

PRIMARY CARE

This can include a Physician or Nurse Practitioner assessment and medical treatment and/or referral to Community Mental Health Services for an assessment and brief treatment from a counselor.

Mamaway Wiidokdaadwin

Indigenous Primary Care and mental health supports

mamaway.ca

Barrie Clinic: ☎ 705.721.9554 | Orillia Clinic: ☎ 705.259.9520

COUNSELLING & COMMUNITY SERVICES

There are a number of places to go that provide free, single session counselling on a walk-in or virtual basis for adults and their families, who are experiencing mental health concerns. These sessions can be a first step to accessing additional services and resources.

SELF OR HEALTH CARE PROVIDER REFERRAL

Ontario Structured Psychotherapy (OSP)

therapyontario.ca ☎ 1.877.341.4729 x 2883

Wendat – Brief Services

wendatprograms.com/brief-service

☎ 705-526-1305 ext. 230 or 245

SELF REFERRAL

CFS – Ready2Talk

cfssc.ca ☎ 705.726.2503 or 1.888.726.2503

Chigamik Community Health Centre – Single Session Counselling

chigamik.ca (English and French) ☎ 705.527.4154

Mamaway Wiidokdaadwin Counselling and Wellness Services

mamaway.ca ☎ 705.721.9554

1Door

1door.ca

CMHA Muskoka Parry Sound

mps.cmha.ca ☎ 1.800.245.5036 (Service is both walk-in or call)

I am Feeling Impulsive or Agitated



What's Happening?

- Are you acting out in uncharacteristic ways?
- Are you experiencing bouts of anger?
- Do you find that your personal relationships are being affected?
- Do you feel like you are losing control over your behaviour?

If you answered **YES** to one or any of these questions, urgent help is needed.



Who Can Help

MENTAL HEALTH CRISIS LINES

Regional Crisis Helpline 24/7 **1.888.893.8333**

Assess risk, make a safety plan & plan next steps

9-8-8 Suicide Crisis Helpline **Call or Text 9-8-8**

for those experiencing emotional distress or worry

Hope for Wellness Helpline **1.855.242.3310**

Helpline available 24/7 to all Indigenous people across Canada

Anishinabek Nation Community Assistance Program (CAP) **1.800.663.1142**

Indian Residential School Survivor 24 Hour Crisis Line ... **1.866.925.4419**

CMHA MUSKOKA-PARRY SOUND

Bracebridge **705.645.2262 or 1.800.245.5036**

Huntsville **705.789.8891**

Parry Sound **705.746.4264 or 1.866.829.7049**

INTENSIVE OR ONGOING SERVICES **PAGE 7**

If this is an emergency, refer to **page 8** to get in touch with emergency and crisis resources.

If you or someone you know is at risk of suicide call or text: **Suicide Crisis Helpline 9-8-8**



Intensive or Ongoing Services

Outpatient Mental Health Services

WAYPOINT CENTRE FOR MENTAL HEALTH CARE

Outpatient Assessment and Treatment Support Services (OATS) 705.549.3181 x 2489

ROYAL VICTORIA REGIONAL HEALTH CENTRE

Adult Mental Health Services 705.728.9090 x 47210

Adult Mental Health Day Program 705.728.9090 x 47210

ORILLIA SOLDIERS MEMORIAL HOSPITAL

Acute Out-Patient Services 705.325.2201 x 6415

Community Mental Health Services 705.325.2201 x 3122

COLLINGWOOD GENERAL MARINE HOSPITAL (CGMH)

Crisis Clinic 705.444.6600

WENDAT COMMUNITY PROGRAMS

Wendat Crisis Clinic 705.526.1305 x 247

Inpatient Mental Health Services

Waypoint Centre for Mental Health Care 500 Church Street, Penetanguishene, ON

Royal Victoria Regional Health Centre (RVH) 201 Georgian Dr, Barrie, ON

Orillia Soldiers Memorial Hospital (OSMH) 170 Colborne St W, Orillia, ON

Substance Use

Royal Victoria Regional Health Centre - Withdrawal Management 705.421.5639

Rapid Access Addiction Medicine Clinic 705.797.3095 or 1.833.797.3095

Canadian Mental Health Association, Simcoe County 705.726.5033 x 810

Canadian Mental Health Association

Muskoka – Parry Sound 705.645.2262 or 1.800.245.5036

Enaahitig Healing Lodge and Learning Centre 705.534.3724

Georgian Bay Native Friendship Centre 705.526.5589

Mamaway Wiidokdaadwin mamaway.ca

- Red Road to Recovery

- Mobile Withdrawal Management Service (16+)

- Opioid Addiction Outreach

Pine River Institute 519.925.9225 x 139

Peer Support

PCFC Connect 705.526.4569

2SLGBTQ+ pflagcanada.ca

The Hope for Wellness Helpline (Indigenous peer support) 1.855.242.3310

Black Youth Helpline (National helpline for Black Canadian youth) 1.833.294.8650

Pine River Institute 519.925.9225 x 139

CANADIAN MENTAL HEALTH ASSOCIATION

Peer Support 705.726.5033 x 310

CMHA Muskoka Parry Sound Peer Support 1.800.245.5036

Recreation, Social, Vocational, and Peer Support (RSVP) 705.726.5033 x 438

Feelings Pathways | Adult

I am in Crisis

What's Happening?

- Are you in immediate danger or feeling unsafe?
- Thinking about harming yourself or others?
- In need of medical attention for an injury or self-injury?

If you answered YES to one or any of these questions, this is an EMERGENCY



Who Can Help

SUICIDE CRISIS HELPLINE 9-8-8

If you or someone you know is at risk of suicide call or text: 9-8-8.

HOSPITAL EMERGENCY DEPT. OR CALL 911

An Emergency Department team will assess risk, make a plan for safety and determine next steps.

This could include conducting mental health assessments, clinical impressions, health teaching, collaborating with the interprofessional emergency department care team, and referral to resources within the hospital or the community for additional support as required.

Royal Victoria Regional Health Centre (RVH)

201 Georgian Dr, Barrie, ON

Orillia Soldiers Memorial Hospital (OSMH)

170 Colborne St W, Orillia, ON

Collingwood General Marine Hospital (CGMH)

495 Hume St, Collingwood, ON

Wendat (Georgian Bay General Hospital (GBGH)

1112 St Andrews Dr, Midland, ON

CMHA Muskoka Parry Sound (Muskoka Algonquin Healthcare (MAHC)

Huntsville and Bracebridge sites.



Thank you

to the following partners
for contributing to this guide

