



There is always someone to talk to, no matter
the distance

School-Based Mental Health Services:

Confidential counseling supports are available for you, in-school and at a distance. If you would like to talk to someone, do not hesitate to e-mail your school guidance counselor, SERT, or Vice Principal. If you need to find email addresses, check with your teacher or Linda in Guidance at lbuckland@scdsb.on.ca.

School Social Worker • Adolescent Outreach Worker • Mental Health & Addictions Nurse • Indigenous Social Worker

Community Resources:

There are other community services available for students who would like to access confidential support outside of the school setting. Remember your family doctor can provide care and support for mental health concerns as well as physical concerns. He/she may be able to make referrals that can only be accessed through a physician.

Crisis Line: 24 hour availability to talk to a trained counselor when experiencing a mental health crisis: Call 705-728-5044 or 1-888-893-8333

KidsHelpPhone: 24 hour support up to the age of 24 years old. 1-800-668-6868 or Text "CONNECT" to 686868

New Path 'Quick Access' Clinic: Supportive counseling available for youth and families up to the age of 18. 705-725-7656 or 1-866-566-7656 and a counsellor will contact you to book an appointment, or visit <https://newpath.ca/quick-access-child-and-youth-mental-health-clinic/>

Youth Addiction Services, CMHA: Supportive services for youth who may be experiencing substance misuse concerns. Call or text Maria Good at 705-790-3426

Orillia Youth Centre: OYC offers opportunities for social activities for youth. Drop in and pick up their monthly calendar. Located at 9 Front Street South Unit #1 or 705-325-8082

Season's Centre for Grieving Children: If you have experienced a death of a loved one and seeking support. Call 705-721-5437 or visit www.grievingchildren.com

Enahtig Outreach Mental Health Team: Holistic healing and learning based on the principals of Aboriginal culture for individuals and families. Call 705-330-4059 or visit www.enahtig.ca