



**CANADIAN MENTAL
HEALTH ASSOCIATION**
ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

YORK REGION BRANCH
Serving York Region and South Simcoe

Please call or email our office for more information.
905-853-8477 or 1-866-208-5509 ext. 0 ♦ yorkregion@cmhayr.on.ca ♦ www.cmha-yr.on.ca

This list is maintained by CMHA, York Region ♦ This list is not exhaustive
A United Way of York Region member agency
Updated January 2007

SOUTH SIMCOE MENTAL HEALTH RESOURCE LIST

ABUSE		
Children's Aid Society	Alliston	705-435-4348
	Bradford	905-775-4336
Simcoe Outreach Services – Alliston		705-435-3594
ADDICTIONS		
Royal Victoria Hospital: Community Care Centre		705-728-4226
Simcoe Outreach Services — Alliston		705-435-3594
Withdrawal Management Addiction Services RVH		705-728-4226 (24hrs)
BEREAVEMENT		
Hospice Simcoe- South Simcoe		705-435-7218
CRISIS/DISTRESS LINES		
Kids Help Phone (24 hrs)		1-800-668-6868
Mary McGill Community Mental Health Centre		705-434-5140
Simcoe County Mental Health Crisis Line		1-888-893-8333
Telecare Barrie		705-726-7922
EMPLOYMENT		
Canadian Mental Health Assn., Barrie-Simcoe		705-726-5033 or 1-800-461-4319
Employment Resource Centre—Alliston		705-435-4900
Bradford Assessment Centre		905-778-9058
FINANCIAL		
Ontario Disability Support Program		705-737-1311 or 1-800-461-7551
Ontario Works		905-729-4514
Flex Fund - New Tecumseth Housing Resource Ctr		705-434-0291 or 705-739-6916 (David Busby Ctr)
FOOD BANKS		
Alliston Christian Fellowship – Solid Rock Café		705-435-7293
Bradford Community Meal		905-775-8609
Bradford Helping Hand Food Bank		905-775-2824
Good Shepherd Food Bank—Alliston		705-435-3255
Our Town Food Bank	Tottenham	905-936-6293
HOUSING & SUPPORT SERVICES		
Canadian Mental Health Assn., York Region		905-853-8477 or 1-866-208-5509 ext. 0
Canadian Mental Health Assn., Barrie-Simcoe		705-726-5033 or 1-800-461-4319
New Tecumseth Housing Resource Centre		705-434-0291

LEGAL	
Legal Aid Ontario – (once a week in Bradford)	705-737-3400 or 1-888-590-3961
Community Legal Clinic – South Simcoe	1-800-461-8953
Canadian Mental Health Assn., York Region	905-853-8477 or 1-866-208-5509 ext. 0
Canadian Mental Health Assn., Barrie-Simcoe	705-726-5033 or 1-800-461-4319
MENTAL HEALTH	
Canadian Mental Health Assn., York Region	905-853-8477 or 1-866-208-5509 ext. 0
Canadian Mental Health Assn., Barrie-Simcoe	705-726-5033 or 1-800-461-4319
Catholic Family Life Centre Simcoe South	705-726-2503
Family Services York Region (Bradford)	905-775-2660 or 1-888-223-3999
Mary McGill Community Mental Health Ctr	705-434-5140
Royal Victoria Hospital: Brief Psychotherapy	705-728-9090 ex 4140
Day Hospital	705-728-9090 ex 4140
Medication Clinic	705-728-9090 ex 4140
Mental Health Support Services	705-728-9090 ex 4140 case management
Eating Disorder Service	705-728-9090 ext. 6278
Community Treatment Orders	705-726-7490 ex 227
Telehealth Ontario	1-866-797-0000 or 1-866-797-0007 (TTY)
MENTAL HEALTH - YOUTH	
Family Services York Region (Bradford)	905-775-2660 or 1-888-223-3999
Mary McGill Community Mental Health Centre	705-434-5140
New Path Youth & Family Counselling Services	705-725-7656 or 1-866-566-7656
PHYSICIAN/THERAPIST REFERRALS	
College of Physicians and Surgeons	416-967-2626 or 1-800-268-7096 x 626
General Practitioner Psychotherapy Association	416-410-6644
Ontario Assn for Marriage & Family Therapy	1-800-267-2638
Ontario Psychological Assn	416-961-0069
Findasocialworker.ca (private practice)	www.findasocialworker.ca
SELF HELP	
Canadian Mental Health Assn, Barrie Simcoe	705-726-5033 or 1-800-461-4319
South Simcoe Community Information Centre	705-435-4900 or www.southsimcoecic.ca
YorkLink	www.york.ca/NR/YorkLink