

SOUTH SIMCOE MENTAL HEALTH RESOURCE LIST

ABUSE	
Athena's Sexual Assault Counselling & Advocacy	705-737-2884 Crisis Line: 705-737-2008 / 1-800-987-0799
Children's Aid Society of Simcoe County	Alliston 705-435-4348 or 1-800-461-4236 Bradford 905-775-4336 or 1-800-461-4236
My Sister's Place	705-435-3993
Simcoe Outreach Services – Alliston	705-435-3594
ADDICTIONS	
Krasman Centre: Mental Health & Addiction Drop - In	705-435-0054 or 1-888-780-0724
Mental Health and Addiction Services of Simcoe County	705-726-5033 or 1-800-461-4319
Royal Victoria Hospital: Mental Health & Addiction Services	705-728-4226 or 1-866-850-7034
Simcoe Outreach Services — Alliston	705-435-3594
South Simcoe Mental Health & Addiction	705-728-4226
BEREAVEMENT	
Bereaved Families of Ontario – York Region	905-898-6265 or 1-800-969-6904
Matthew's House Hospice	705-435-7218
CRISIS / DISTRESS LINES	
Kids Help Phone (24 hrs)	1-800-668-6868
Mary McGill Community Mental Health Centre	705-728-5044
Simcoe County Mental Health Crisis Line	705-728-5044 or 1-888-893-8333
Telecare - Orillia	705-726-7922
EMPLOYMENT	
CMHA, York Region Branch – Employment Program	1-866-208-5509
Contact: Employment Resource Centre Bradford	905-778-9058 or www.contactsouthsimcoe.ca
FOCUS	705-435-9821
Mental Health & Addiction Services of Simcoe County	705-726-5033 or 1-800-461-4319
FINANCIAL	
Ontario Disability Support Program	705-737-1311 or 1-800-461-7551 ext. 1
Ontario Works	905-729-4514 (Bradford) / 705-722-3132 (Simcoe) ext. 3
FOOD BANKS	
Alliston Christian Fellowship - ZOUMI Community Lunch	705-435-7293
Bradford Food Bank	905-775-2824
Good Food Box	705-435-0054
Good Shepherd Food Bank of Alliston	705-435-3255 / After Hours: 705-435-7936 / 705-435-4461
Our Town Food Bank - Tottenham	905-936-6293
HEALTH	
AIDS Committee of South Simcoe	705-722-7668 or 705-722-6560
HOUSING & SUPPORT SERVICES	
CMHA, York Region Branch	1-866-208-5509
Contact: Housing Centre Alliston	705-435-4900 or www.contactsouthsimcoe.ca

Mental Health & Addiction Services of Simcoe County	705-726-5033 or 1-800-461-4319
LEGAL	
Community Legal Clinic – Simcoe, Haliburton, Kawartha	1-800-461-8953
CMHA, York Region Branch – Mental Health & Justice	1-866-208-5509 or 905-775-8609 (Bradford office)
Mental Health and Addiction Services of Simcoe County	705-726-5033 or 1-800-461-4319
MENTAL HEALTH	
Catholic Family Services of Simcoe County	705-726-2503 or 1-888-726-2503
CMHA, York Region Branch	1-866-208-5509
Community Living Association of South Simcoe	705-435-4792
Family Services York Region – Bradford	905-772-2660
Krasman Centre: Mental Health & Addiction Drop - In	705-435-0054 or 1-888-780-0724
Mary McGill Community Mental Health Program	705-434-5140
Mental Health and Addiction Services of Simcoe County	705-726-5033 or 1-800-461-4319
Royal Victoria Hospital:	705-728-9090 or 705-728-9802 (Switchboard)
Community Treatment Orders	705-728-9090 ext. 24300
Mental Health Outpatient / Medication Clinic	705-728-9090 ext. 47210
Mental Health Support Services	705-726-7490
Simcoe County Eating Disorder Services	705-728-9090 ext. 47221
Telehealth Ontario	1-866-797-0000 or 1-866-797-0007 (TTY)
MENTAL HEALTH - YOUTH	
Family Services York Region – Bradford	905-772-2660
Mary McGill Community Mental Health Program	705-434-5140
New Path Youth & Family Services	705-725-7656 or 1-866-566-7656
The Door (Youth Centre) - Alliston	705-435-6224
PHYSICIAN/THERAPIST REFERRALS	
College of Physicians and Surgeons (Find A Doctor – online)	www.cpso.on.ca
General Practice Psychotherapy Association	416-410-6644 or www.gppaonline.ca
Health Care Connect (Find A Doctor – phone)	1-800-445-1822
Ontario Association for Marriage & Family Therapy	1-800-267-2638
Ontario Psychological Association	416-961-0069 or 1-800-268-0069
Simcoe / Muskoka Health (www.simcoemuskokahealth.org)	1-877-721-7520 or 1-888-225-7851 (emergency)
SELF HELP	
211 Community Information and Volunteer Centre	www.211ontario.ca
Big Brothers & Big Sisters of Simcoe County	905-936-9788
Contact	705-435-4900 or www.contactsouthsimcoe.ca
Krasman Centre	705-435-0054 or 1-888-777-0979 (Warm Line)
The Learning Centre – Alliston	705-435-7778
Literacy Council of South Simcoe	705-435-5624
Yorklink	www.york.ca/NR/yorklink/search