



**Canadian Mental  
Health Association**  
Muskoka - Parry Sound

**Addictions and  
Mental Health Services**



# Recovering and Thriving

[www.cmhamps.ca](http://www.cmhamps.ca)

Revised April 23, 2020

# WHO WE ARE AND WHAT WE DO

As part of our Accessibility policy and commitment, if you are wishing to have this information in a different format, please contact the Manager of Human Resources and Administration or email [feedback@cmhamps.ca](mailto:feedback@cmhamps.ca) or call (705) 645-2962.

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# WHO WE ARE:

The Canadian Mental Health Association, Muskoka-Parry Sound Branch is a non-profit charitable organization governed by a volunteer Board of Directors, of whom 50% are clients or family members. Our catchment area is Muskoka and Parry Sound Districts. We are funded by the North Simcoe Muskoka Local Health Integration Network (LHIN), the Ministry of Health and Long-Term Care, The Ministry of Community and Social Services, The Ministry of Youth and Child Services, the District of Parry Sound Social Services Administration Board, Family Services of Peel, the Ministry of the Attorney General, the North East Local Health Integration Network, the Northern Psychiatric Outreach Program, Simcoe Catholic Family Services and private donations.

In 1972 a mental health agency was created and sponsored by South Muskoka Memorial Hospital. In 1994 the agency divested from the hospital and became an Ontario Corporation under the name of Muskoka-Parry Sound Community Mental Health Service with its own Board of Directors and a charitable tax status.

In 1988 an addictions agency was created as an education-only agency. In 1992 a proposal to include addiction counselling to the existing agency was approved and it became an Ontario Corporation with its own Board of Directors under the name of Addiction Outreach Muskoka Parry Sound.

In 2003, with the start of the Concurrent Disorder Program an operational integrated relationship started between the two agencies and was built upon until full integration could be achieved.

In April 2015 Addiction Outreach Muskoka Parry Sound integrated with Muskoka-Parry Sound Community Mental Health Service, which, simultaneously, became a branch of the Canadian Mental Health Association.

## Contact Us:

Muskoka – 1-800-245-5036  
Parry Sound – 1-866-829-7049  
Sundridge – 1-866-829-7050

## 24/7 Crisis Number:

1-800-461-5424 (during office hours)  
1-888-893-8333 (after office hours)

## Office Hours:

Monday to Friday 8:30 am – 4:30 pm

## Office Locations:

Bracebridge: 173 Manitoba St., Suite 202, P1L 1S3  
Huntsville: 8 Crescent Road, Unit #3, P1H 0B3  
Parry Sound: 60 James Street, Suite 201, P2A 1T5  
Sundridge: 87 Main Street, POA 1Z0

# OUR MISSION, VISION, VALUES AND TAG LINE:

## **Mission Statement:**

Canadian Mental Health Association, Muskoka-Parry Sound Branch is committed to hope and recovery through integrated mental health and addiction services. Using effective, innovative partnerships and practices, we provide the highest quality treatment, support, education and advocacy for the people of Muskoka-Parry Sound.

## **Vision Statement:**

Empowering individuals, families and communities to thrive through hope, recovery, wellness and healthy lifestyles.

## **Core Values:**

- Self-Determination and Empowerment
- Social Justice
- Collaboration
- Diversity and Inclusion
- Excellence, Quality and Innovation
- Accountability

## **Team Values**

Trust  
Respect  
Communication  
Teamwork

## **Tag Line:**

Recovering and Thriving

Approved by Board of Directors – June 10, 2016; reapproved – June 16, 2017; revised April 25, 2018; reapproved June 5, 2019

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## **Did you know?**

Every family in Muskoka and Parry Sound will in some way be affected by mental illness and/or addictions.

# WHY IS YOUR MENTAL HEALTH SO IMPORTANT?

Mental health is an essential part of your overall health. Mental health is more than the absence of mental illness – it is a state of wellness. In any given year, 1 in 5 Canadians experience a mental health or addiction problem.

- 70% of mental health problems have their onset during childhood or adolescence
- Young people aged 15 to 24 are more likely to experience mental illness and/or substance use disorders than any other age group
- Men have higher rates of addiction than women, while women have higher rates of mood and anxiety disorders
- People with a mental illness are twice as likely to have a substance use problem compared to the general population. At least 20% of people with a mental illness have a co-occurring substance use problem. For people with schizophrenia, the number may be as high as 50%.
- Similarly, people with substance use problems are up to 3 times more likely to have a mental illness. More than 15% of people with a substance use problem have a co-occurring mental illness.
- Canadians in the lowest income group are 3 to 4 times more likely than those in the highest income group to report poor to fair mental health.
- Studies in various Canadian cities indicate that between 23% and 67% of homeless people report having a mental illness

Source: <http://www.camh.ca>

## Mental Health Tips

Enjoy life

Take time  
to relax

Be kind to  
yourself

Talk about  
it

Eat well and  
keep active

## Safe Drinking Guidelines

- Set limits for yourself and stick to them.
- Drink slowly. Have no more than 2 drinks in any 3 hours.
- For every drink of alcohol, have one non-alcoholic drink.
- Eat before and while you are drinking.
- Always consider your age, body weight and health problems that might suggest lower limits.
- While drinking may provide health benefits for certain groups of people, do not start to drink or increase your drinking for health benefits.

CMHA CAN HELP  
[www.cmhamps.ca](http://www.cmhamps.ca)

# PRIVACY STATEMENT

**Canadian Mental Health Association, Muskoka-Parry Sound Branch recognizes that the health information of clients must be treated with respect and sensitivity and that client privacy must be protected. Canadian Mental Health Association, Muskoka-Parry Sound Branch works to create and store your personal health information within one official health record. Staff may have reason to access your personal health information in order to provide you the best possible care, in the safest manner possible. It is important for you to know how your personal health information is used, how it is protected and how you can access it.**

## **Why Does The Service Collect Personal Information?**

We collect personal health information from you or from the person acting on your behalf. The personal health information we collect may include, for example, your name, date of birth, address and health history. Occasionally, we collect personal health information about you from other sources if we have obtained your consent to do so or if the law permits.

## **Personal Information May Be Used For The Following**

- To identify your record quickly and accurately each time you have contact with the Service.
- To treat and care for you. You may have contact with several programs of the Service. All of this information is recorded in your file and made available to those involved in your care.
- To improve the quality and efficiency with which we provide health care services (such as asking that satisfaction surveys be completed)
- To collect and compile statistics.
- To conduct risk management activities.
- To comply with legal and regulatory requirements and, fulfill other purposes permitted or required by law.
- To get payment for your treatment and care as required (e.g. Ontario Health Insurance Plan [OHIP])

## **Accessing Your Information**

Canadian Mental Health Association, Muskoka-Parry Sound Branch respects your right to access your health information. Under the Personal Health Information Protection Act, you have the right to access and correct your personal health records, or withdraw consent for some of the above uses and disclosures (subject to legal expectations). An individual also does not have a right of access to a record where the information in the record:

- Is subject to a legal privilege (e.g. solicitor/client privilege or settlement privilege that prohibits the disclosure)
- Is prohibited by law from being disclosed to the requester
- Is such that granting access could reasonably be expected to:
  - Result in a risk of serious harm to the treatment or recovery of the individual or a risk of serious bodily harm to the individual or another person
  - Lead to the identification of a person who was required by law to provide information in the record
  - Lead to the identification of a person who provided information in the record to the custodian explicitly or implicitly in confidence if the custodian considers it appropriate in the circumstances that the name of the person be kept confidential

Where an individual's record contains information of a type listed above, the Service is not required to give the individual access to that part of the record that contains such information.

To access your information, for more information about our privacy protection practices, or to raise a concern you have regarding privacy, please call and ask to speak to the Privacy Officer.

**(705) 645-2262 or 1-800-245-5036**

You have the right to complain to the Information and Privacy Commissioner/Ontario if you think we have violated your rights. The Commissioner can be reached at: (416) 326-3333

e-mail: [info@ipc.on.ca](mailto:info@ipc.on.ca)

website: [www.ipc.on.ca](http://www.ipc.on.ca).

# Services and Programs

## INTAKE SERVICE

**Intake Service** provides a single point of entry for all of the services and programs of the agency. Follow-up will occur within 24 hours of receiving the referral. Screening is provided in a timely manner with a weekly review of all referrals. If our services and programs are not appropriate to meet the needs of the referral we will do our best to facilitate a follow-up by another agency, which can help, where available.

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## CRISIS INTERVENTION SERVICE

**Crisis Intervention Service** is available 24/7 via a telephone support service provided by Canadian Mental Health Association, Muskoka-Parry Sound Branch. Any person experiencing a mental health or addiction crisis may call their local office between 8:30 am and 4:30 pm (see numbers below). If you are already a client please ask for your worker. If you are new to the agency please ask for a crisis worker.

Bracebridge – (705) 645-2262 or 1-800-245-5036  
Huntsville – (705) 789-8891  
Parry Sound – (705) 746-4264 or 1-866-829-7049  
Sundridge – (705) 384-5392 or 1-866-829-7050

Anyone in the general public experiencing a mental health or addiction crisis after our usual office hours please call 1-888-893-8333. This service is provided by CMHA, Simcoe County Branch.

Crisis intervention and consultation is provided to hospitals from 8:30 am to 8:00 pm on weekdays and from 10:00 am to 6:00 pm on weekends and statutory holidays. Each morning the contact information for the crisis worker is provided to the hospitals.

**After Hours - Districts of Muskoka and Parry Sound telephone support:**

**1-888-893-8333**

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## COUNSELLING SERVICES

**Counselling Services** provide assessment, individual counselling, treatment planning and group counselling for mental health and addictions. Services may also include psychiatric consultation.

Community consultation/liaison can be made available to other organizations on issues related to addictions and mental illness. This service also provides community education to increase awareness of addictions and mental health issues.

**Concurrent Disorder Services** are available for individuals experiencing a mental illness and an addiction issue. The Concurrent Disorder Service provides support for people experiencing both a mental illness with a co-occurring addiction-related issue. Counselling is primarily delivered within a group format including psycho-education, treatment and facilitated self-help groups. Individual Counselling including assessment, treatment planning and case management are delivered on a case-by-case basis.

**Gambling Services** are available for people who are concerned about their own or someone else's gambling. An assessment will be completed to ensure appropriate treatment interventions. Individual as well as group counselling is offered.

**Opioid Program** counselling and support is available to anyone who is concerned about their use of opioids. This includes individuals who are prescribed Methadone or Suboxone. Individual counselling, referrals to other services and harm reduction supplies are available. Counselling is also available for women who are pregnant and using substances or parents who are using substances and have children 6 years and under.

**RAAM Program** Rapid Action Addiction Medication is available. In partnership with community health practitioners, Rapid Access Addiction Medicine (RAAM) is a fast access, low barrier clinic for people 16 years or older struggling with substance and/or alcohol use, whom may be interested in seeking pharmacological assistance (medication) to help with managing cravings. Addiction counselling is offered alongside medication initiation. Please call (705) 645-2262 for Muskoka and (705) 746-4264 for Parry Sound for further information.

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## HARM REDUCTION

CMHA offers a safe and confidential space for individuals to access naloxone and harm reduction supplies. Our staff is trained to provide supplies in a non-judgmental manner, are open to any questions you may have, and work towards decreasing stigma associated with people who use substances.

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## ASSERTIVE COMMUNITY TREATMENT TEAM

**Assertive Community Treatment Team (ACTT)** is a multidisciplinary team that provides client-centered, recovery-focused mental health treatment and community-based rehabilitation. This is an intensive program for clients whose mental illness has seriously interfered with their lives and requires long-term treatment to support independent living in the community. ACTT is available to individuals who are 18 years or older and experiencing complex mental illness challenges. Priority is given to people living with schizophrenia, schizoaffective disorder and other psychosis-related disorders.

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## CASE MANAGEMENT SERVICES

CASE MANAGEMENT SUPPORT is available to people 16 years or older who are experiencing a serious mental illness and/or addictions.

Case Management provides assistance with:

- Daily living and meeting basic needs (housing, financial)
- Brief and longer-term support
- Life skills development
- Developing coping strategies
- Employment/vocational and social activities
- Navigating the mental health and addiction systems
- Referrals to other community resources and coordination of support
- Symptom and medication management
- Crisis prevention, intervention and management



- Health promotion and teaching with a focus on recovery and wellness
- Family counselling can be provided for those who are supporting friends or family with mental health and/or addiction issues
- Dual Diagnosis (mental illness and developmental disability) specialized services are also available

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**Famous Quotes** – In order to succeed, we must first believe that we can. **Nikos Kazantzakis**

## **EARLY INTERVENTION PSYCHOSIS PROGRAM**

**Early Intervention Psychosis Program** provides early identification, intervention and treatment for individuals experiencing their first episode of psychosis to establish a system of support that will allow them to proceed with their life goals and maximize opportunities for personal development. It also provides service through community outreach and assertive attempts to engage individuals, and includes the provision of family support and education.

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## **YOUTH ADDICTION SERVICES**

**Youth Addiction Services** provides counselling to youth who are misusing substances. Counselling is offered with a Harm Reduction approach, respecting the choices and promoting safer use and options that help minimize the risk of substance use. Support is also offered to youth who are impacted by someone else’s use. Common support offered includes: moderation, abstinence, alternative coping, self-exploration, advocacy and connection to community supports and resources. Service may include: individual support, groups, outreach in schools and community. Case Management support is also available for youth in Muskoka for anyone up to and including 25 years of age.

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## **SUPPORTIVE HOUSING**

The Supportive Housing Programs provide units with rent supplement to people who live with an addiction and/or a serious mental illness that are homeless, at risk of becoming homeless or are marginally housed. Support by an addiction or mental health worker is provided for each person participating in the program.

Admission is for people who are 16 years of age or older, have a history of a serious mental illness or addiction issue and are either homeless or at risk of becoming homeless. The person must also be willing to receive agency support.

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## **DIVERSION AND COURT SUPPORT**

Diversion and Court Support services are available to adults with mental health needs and/or developmental disabilities who are in contact with the legal justice system. This program helps divert people who have a mental illness or developmental disabilities from entering the justice system, and/or provide mental health support within the legal justice system. Services may include mental health assessment, court support and diversion plans when appropriate; psychiatric consultation and diagnosis, crisis response/emergency

services, facilitate access to safe beds, referrals and links to social, education and employments supports; and, support for family members/support networks.

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**Famous Quotes:**

It does not matter how slowly you go as long as you do not stop. **Confucius**

## **WALK-IN CLINICS**

### West Parry Sound Walk-In Clinic

Walk-in Counselling Clinic provide free single session counselling on a drop-in basis and offers a quick access to support for individuals, couples and families. No pre-registration is required!

At a Walk-In Counselling Clinic session our counsellors can discuss your concern and help you develop a clear plan of action to help you find ways to change your situation. Clinics are offered at no charge to the public thanks to the successful fundraising efforts from The Ridge Classic Golf Tournament since July 2017.

The Walk-In Counselling Clinic for Parry Sound is held at the office of CMHAMPS, 60 James Street, Suite 201 on Wednesdays starting at 4:00 pm and accepting the last appointment at 7:30 pm. For more details, please visit or call 1-866-829-7049.

### North Simcoe Muskoka Walk-In Counselling Clinics

Walk-in Counselling Clinics provide free single session counselling on a drop-in basis and offers a quick access to support for individuals, couples and families. No pre-registration is required!

At a Walk-In Counselling Clinic session our counsellors can discuss your concern and help you develop a clear plan of action to help you find ways to change your situation. Clinics are offered daily at different locations throughout the North Simcoe Muskoka Local Health Integration Network (NSM LHIN) and are provided in collaboration with Catholic Family Services of Simcoe County.

The Walk-In Counselling Clinic for Muskoka is held at the Bracebridge office of CMHAMPS on Wednesdays starting at 12 noon and accepting the last appointment at 6:30 pm

For more details, please visit [www.nsmwalkincounselling.ca/](http://www.nsmwalkincounselling.ca/) or call 1-888-726-2503.



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**Did you know?**

Only 5.5% of our Healthcare dollars in Canada are dedicated to mental illness.

# SPECIALIZED SERVICES AND PROGRAMS

## B'SAANIBAMAADSIWIN

### (ABORIGINAL MENTAL HEALTH PROGRAM)



**B'saanibamaadsiwin**  
*Serene and Peaceful Life*

Providing Free and Confidential  
Aboriginal Mental Health Services  
to the people of  
Parry Sound-Muskoka

- Dokis First Nation
- Henvey Inlet First Nation
- Magnetawan First Nation
- Moose Deer Point First Nation
- Parry Sound Friendship Centre
- Shawanaga First Nation
- Wahta Territory
- Wasauksing First Nation
- West Parry Sound, East Parry Sound and Muskoka Area

Canadian Mental Health Association  
Muskoka - Parry Sound

Addictions and Mental Health Services

Ontario



B'saanibamaadsiwin translated means "living a good life ". The Aboriginal Program is committed to practicing First Nation, Inuit, and Metis mental wellness care that is **culturally safe**. We acknowledge that there is a difference in how you see creation and how greater society sees the world. Our staff is committed to building skills, knowledge, and respectful attitudes that lead toward empathy and advocacy for you, your family, and your community. There will be no assault, challenge, or denial of your identity. Our services will work together with you in understanding your individual values, customs, and beliefs. We will be helpers on your healing path and will meet you where you are at in your healing without judgment. We will work with you in care planning to reach your goals towards mental wellness. Our program provides assessment, referral, crisis, and counselling services. Direction for the design, development, and delivery of services is provided by the Aboriginal Program Advisory Committee which represents the First Nation and Aboriginal communities. For more information call (705) 746-2512 or fax (705) 746-9590.

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**Did you know?** The unemployment rate among persons with a serious mental illness or addictions is close to 90%.

# SENIORS' MENTAL HEALTH PROGRAM

In partnership with North Bay Regional Health Centre, this program provides community-based mental health assessment, diagnosis and treatment recommendations for people with age-related mental health issues in the District of Parry Sound. This program works in collaboration with clients, families/care givers, family doctors and community partners. It also provides education and consultation to community partners and other professionals. This program is supported by an interdisciplinary team that includes members from psychiatry, nursing and social work based at the North Bay Regional Health Centre. For more information or to make a referral call (705) 789-8891.

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## ADULT PROTECTIVE SERVICES

Provides:

- Services to individuals who live with a developmental disability, reside within the Muskoka-Parry Sound area and are 18 years of age or older
- Referrals to the service can be made by the individual or someone acting on their behalf by contacting Developmental Services Ontario @ 1-855-376-6376
- Urgent referrals can be made in person, by service providers and/or community members by calling toll free 1-800-563-1990.
- Assistance in ensuring clients receive the support services necessary to live as independently as possible in the community with all the rights and responsibilities as anyone else has, to participate in community activities and community life; to have individual choices and to know their rights. This may include:
  - Assisting clients in locating and retaining accommodation
  - Providing counselling in regards to life skills, financial management and emotional issues
  - Assisting clients in coordinating medical, dental appointments, etc.
  - Advocating to ensure rights of clients are not compromised
  - Assisting clients with the judicial system

For more information please call:

Muskoka - Tel: (705) 645-6771 Fax: (705) 645-7473 toll free – 1-800-245-5036

Parry Sound - Tel: (705) 774-9809 Fax: (705) 746-1537 toll free – 1-866-829-7049

Sundridge - Tel: (705) 384-1424 Fax: (705) 384-5514 toll free – 1-866-829-7050

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**Famous Quotes:** “If you hear a voice within you say ‘you cannot paint,’ then by all means paint and that voice will be silenced.” – **Vincent Van Gogh**

# PARTNER ASSAULT RESPONSE PROGRAM

**Partner Assault Response (PAR) Program** is a specialized community-based group education/counselling program to participants who have been mandated by the court to attend the PAR program in response to a criminal charge involving domestic violence. The 12 session program is funded by the Ministry of the Attorney General's Ontario Victim Services. The program provides participants with an opportunity to examine their beliefs and attitudes towards domestic abuse, and to learn non-abusive ways of resolving conflict. PAR programs aim to enhance victim safety and hold participants accountable for their behaviour.

Funding is also provided to offer victim/partners safety planning, support and referrals to community resources, and information about the participant's progress throughout the duration of the program.

For more information: For Muskoka – (705) 645-2262 ext. 1291 or 1-800-245-5036  
For Parry Sound – (705) 746-9114 or 1-866-829-7049

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## MALE SURVIVORS OF CHILDHOOD SEXUAL ABUSE PROGRAM

**Male Survivors Of Childhood Sexual Abuse Program** provides counselling and support for men with a history of sexual abuse. An assessment is completed to review treatment options. Eight individual and/or eight group sessions of counselling are offered. Services are available in Bracebridge.

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## BACK ON TRACK

### (Ontario's Remedial Measures Program)

**Back on Track** provides individuals convicted of an impaired driving offence or people who have received administrative driver's license suspensions access to individual Assessment and Follow Up and group Education/Treatment services.



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**Famous Quotes:** Start where you are. Use what you have. Do what you can. **Arthur Ashe**

# COUNCIL OF CONSUMER/SURVIVOR AND FAMILY INITIATIVES

Council of Consumer/Survivor and Family Initiatives (C.O.I)

Provides:

- Peer knowledge and support to individuals living with mental health issues as clients/survivors and/or as family members.
- Peer-driven and peer-guided consumer/survivor initiatives and family initiatives in Muskoka-Parry Sound area
- Community education and awareness on mental health issues

Initiative activities may include:

- Peer support groups
- Recovery and wellness education (i.e. Wellness Recovery Action Plan)
- Skill development (i.e. social skills, communication skills)
- Resources and advocacy (i.e. information and support on navigating the mental health system)
- Social Recreation (i.e. bowling)

Peer and Family Initiatives are available in different locations across the Parry Sound and Muskoka Districts. For more information call: Toll free 1-866-829-7050 ext. 228 or (705) 384-5392 ext. 228

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## BECOME A VOLUNTEER

Volunteers give generously of their time, talents and energy to support the work of CMHA, Muskoka – Parry Sound, during the day, evenings and occasionally on weekends throughout the year. Volunteers’ particular interests, availability and preferences are accommodated through a variety of opportunities with the agency.

The Volunteer Program provides opportunities for volunteers that will assist in the delivery of service and enhance the quality of life for people who live with an addiction, serious mental illness, or developmental disability. There are community or site-based volunteer assignments within Muskoka and Parry Sound Districts. There is a wide range of volunteer assignments which include transportation, research, special events planning, reception, administrative support and direct client support. The agency provides reimbursement for mileage, and there are ongoing volunteer training opportunities. This program provides support to both the volunteer and the staff for the duration of the volunteer assignment.

To learn more about the Volunteer Program call: (705) 746-4264 or 1-866-829-7049, and ask for the Volunteer Coordinator. An application form can also be found on our website: [www.cmhamps.ca](http://www.cmhamps.ca).

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**Famous Quotes:** Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time. **Thomas A. Edison.**

# CMHA ANNUAL EVENTS

- BEHIND THE MASK - February
- VOLUNTEER APPRECIATION EVENT – April
- SPIN THE LAKES FOR MENTAL HEALTH – May
- ABORIGINAL MENTAL HEALTH FAIR – May
- ANNUAL GENERAL MEETING - June
- FAMILY FUNFORMATION - June
- THE RIDGE CLASSIC GOLF TOURNAMENT – July
- THE FISHING DERBY IN MEMORY OF DOC ROB - July
- RECOVERY BREAKFAST – Sept.
- THE FALL CLASSIC IN MEMORY OF MCKENZIE BAUER – Sept.

## CMHA SERVICES AVAILABLE FOR PURCHASE:

- ASIST Training
- Mental Health Works
- SafeTALK

**For more information call: (705) 645-2262**

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**Did you know?** At any given time, almost 3 million Canadians have serious depression.



# CMHA AWARENESS WEEKS/ NATIONAL CAMPAIGNS

Bell Let's Talk - January  
Mental Health Week - May  
Mental Illness Awareness Week – October  
Gambling Awareness Week – October (bi-annual)  
Addiction Awareness Week – November

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**Famous Quotes:** Success is not final, failure is not fatal: it is the courage to continue that counts. **Winston Churchill**

# I NEED HELP.....

- I am in crisis.....**Muskoka** 1-888-893-8333  
**Parry Sound** 1-800-461-5424
- I need help with withdrawal management (detox) **Barrie Withdrawal Management**  
705-728-4226  
**North Bay Withdrawal Management**  
705-476-6240 ext. 6224  
**Sudbury Withdrawal Management**  
705-671-7366
- I need food.....  
**Bracebridge**  
Manna Food Bank: 705-646-0114  
Salvation Army: 705-645-2602  
**Huntsville**  
The Table: 705-783-5827  
Salvation Army: 705-789-3398  
**Gravenhurst**  
Salvation Army: 705-687-2131  
**Parry Sound**  
Harvest Share: 705-774-9111  
Salvation Army: 705-746-5391  
**Sundridge**  
Sundridge Food Bank: 705-384-1632
- I need shelter/clothing.....  
**Muskoka**  
- Salvation Army  
**Bracebridge**  
456 Manitoba St.  
Phone: 705-645-2602  
**Gravenhurst**  
620 Muskoka Rd.  
Phone: 705-687-2131  
**Huntsville**  
4 Mary St. West  
Phone: 705-789-3398  
- Ontario Works  
705-645-2412/800-461-4215  
**Parry Sound**  
- Salvation Army  
16 Gibson St.  
Phone: 705-746-9644  
- St. James United Church  
Phone: 705-746-5602  
- Ontario Works - 705-746-8886/800-461-4464  
**South River**  
Ontario Works – 705-386-2358
- I need money.....  
**Ontario Works**  
Muskoka – 705-645-2412/800-461-4215  
Parry Sound- 705-746-8886/800-461-4464

I need protection (for women).....	<p><b>Muskoka &amp; area</b>  Interval House: (705) 645-4461  Chrysalis: (705) 789-8488</p> <p><b>Parry Sound &amp; area</b>  Esprit Place: (705) 746-4800</p>
I need protection (for men).....	Men's Shelter (Orillia) 705-329-2265
I need protection (for youth).....	<p><b>Muskoka</b>  Simcoe Muskoka Family Connections  1-800-680-4426</p> <p><b>Parry Sound</b>  Children's Aid Society of the District of Nipissing and  Parry Sound-North Bay – 705-472-0910/1-877-303-  0910</p>
I am a senior and am being abused..	Muskoka Network For The Prevention of Elder Abuse 8 Ontario St, Bracebridge, ON P1L 2A7 (705) 646-7677
I have been assaulted.....	<p><b>Ontario Provincial Police</b>  911 or 1-888-310-1122</p> <p><b>Muskoka Victim Services</b>  705-645-5444 or 1-877-229-2217</p> <p><b>East &amp; West Parry Sound Victim Services</b>  705-746-0508</p>
I need to talk.....	<b>Warmline</b> 1-866-856-9276

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**Famous Quotes:** There isn't anybody out there who doesn't have a mental health issue, whether it's depression, anxiety, or how to cope with relationships. Having OCD is not an embarrassment anymore - for me. Just know that there is help and your life could be better if you go out and seek the help. **Howie Mandel**  
**Looking For Additional Help?**

Looking for information about addiction, mental health, or gambling services and supports in your community?

**ConnexOntario**  
ConnexOntario.ca

**Drug & Alcohol Helpline**  
1-800-565-8603  
DrugAndAlcoholHelpline.ca

**Mental Health Helpline**  
1-866-531-2600  
MentalHealthHelpline.ca

**Ontario Problem Gambling Helpline**  
1-888-230-3505  
ProblemGamblingHelpline.ca

  
**211 Ontario**  
When you don't know where to turn  
211ontario.ca

**WARMLINE\***  
1-866-856-9276  
\*6:00 pm to midnight daily

  
1-888-435-6086  
nsmhealthline.ca

**Canadian Mental Health Association, Ontario**  
1-800-875-6213  
ontario.cmha.ca

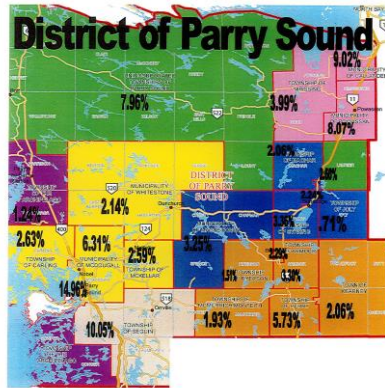
**Crisis Services**  
**Muskoka-**  
1-888-893-8333  
**Parry Sound**  
1-800-461-5424  
cmhamps.ca

  
310-2222  
northeasthealthline.ca

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**Did you know?** Almost 49% of those who feel they have suffered from a depression or anxiety difficulty have not sought help

## OUR CATCHMENT AREA

### District of Parry Sound



### District Municipality of Muskoka



### Muskoka and Parry Sound shown together



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Health Integration Network  
Réseau local d'intégration  
des services de santé de  
Simcoe Nord Muskoka