

IMPROVING ACCESS TO CHILD AND YOUTH MENTAL HEALTH SERVICES

Increasing capacity to serve children, youth and families • Decreasing wait times to see a registered Child and Family Therapist

As of January 1st, 2019, new Counselling Walk-In Clinics for children and youth will open across the service area of Nipissing, Parry Sound and Muskoka, in the following communities: Sturgeon Falls, North Bay, Sundridge, Huntsville, Bracebridge and Parry Sound.

How to Access Child and Youth Mental Health Services

Children, youth and families can access services by visiting the Walk-In Clinics at the agencies listed below.

When to visit a Counselling Walk-In Clinic

Visit a Counselling Walk-In Clinic for: a mental health check-up; to seek additional mental health services while waiting; or, if you or your family is in an urgent situation. Walk-In Clinics also help you navigate the child and youth mental health system and link you with others you may want on your health team. Services are confidential.

Counselling Walk-In Clinics in Nipissing, Parry Sound and Muskoka

	Child and Youth Mental Health Services (Birth to 18 years)			Additional Clinics for Children and Youth		
	Clinic Days	Location	Time	Clinic Days	Location	Time
North Bay	Tuesday and Thursday	Hands TheFamilyHelpNetwork.ca 391 Oak Street East	11:00 to 7:00 pm*	Tuesday and Thursday	Community Counselling Centre Nipissing (Including mental health and addictions) 361 McIntyre Street East	1:00 pm to 7:00 pm
Sturgeon Falls	Thursday	Hands TheFamilyHelpNetwork.ca 125 Lisgar Street	11:00 to 7:00 pm*	Wednesday	Centre Alliance (16 years old to adult, including mental health and addictions) 172 Ethel Street, Pod #3	11:00 am to 7:00 pm
Sundridge	Tuesday	Hands TheFamilyHelpNetwork.ca 37 Main Street	11:00 to 7:00 pm*			
Huntsville	Tuesday	Simcoe Muskoka Family Connexions 81 Main Street West	11:00 to 7:00 pm*	Thursday	Catholic Family Services and Canadian Mental Health Association (CMHA) (12 to 18 years old) 10 Main Street East	10:30 am to 4:30 pm
Bracebridge	Thursday	Simcoe Muskoka Family Connexions 49 Pine Street	11:00 to 7:00 pm*	Wednesday	Catholic Family Services and CMHA (12 to 18 years old) 173 Manitoba Street, Suite 202	12:30 pm to 6:30 pm
Parry Sound	Tuesday	Hands TheFamilyHelpNetwork.ca 2 May Street	11:00 to 7:00 pm*	Wednesday	CMHA (16 years old to adult, including mental health and addictions) 26 James Street	4:00 pm to 8:00 pm

*with the last appointment at 5:30pm

Hands TheFamilyHelpNetwork.ca • Lead Agency for Child and Youth Mental Health Services and Planning

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