

Launch Date
Tuesday October
10th, 2017



YOUTH MENTAL HEALTH WALK- IN PROGRAM

WHAT IS IT?

- FREE counselling service for youth ages 12-24 years old who are experiencing mental health challenges
- Walk-In program, first come first serve
- Inclusive and barrier-free environment
- Service offered through John Howard Society of Simcoe and Muskoka
 - Please note that you DO NOT need to be involved with the Criminal Justice System to access this service

HOW DO I START?

- Counselling service is walk-in only - NO appointment or referral needed
- Just show up to one of our locations in Barrie or Orillia
- No health card needed

WHERE IS IT?

- BARRIE: 80 Bradford St.; Suite 530 | Tuesday and Wednesday 1pm to 7pm
- ORILLIA: 17 Colborne St.; Suite 109 | Thursday 1pm to 7pm and Saturday 11am to 2pm

Challenges may include:

- Depression
- Anxiety
- Stress
- Poor Self-Esteem
- Relationship issues
- Eating disorders
- Addictions
- Gender identity
- Anger Management
- Grief
- Trauma
- Abuse
- Bullying
- Homelessness
- Sexual Orientation

AND any other issues or situations that may be affecting youth mental health

For More Information:

Please Call or Email:

- Tanya Devlin, HBSW, RSW: 705.828.5670 | email: tdevlin@jhssm.ca
- Jocelyn Faragher, BAS, AC: 705. 828.5487 | email: jfaragher@jhssm.ca

Or Visit:

- <http://www.johnhoward.on.ca/muskoka>