

Mental Health Supports Muskoka – COVID-19.

Canadian Mental Health Association (CMHA):

[CMHA Update on Our Services](#)

Phone and online services for people in need of mental health and addictions support.

Crisis support continues to be available by phone.

People in crisis are encouraged to continue to call for support. Individual and group supports are available. Referrals can still be made and intakes will still happen.

In Muskoka, please call [705-645-2262](tel:705-645-2262)

In East Parry Sound, please call [705-384-5392](tel:705-384-5392)

If you are in crisis, please call [1-888-893-8333](tel:1-888-893-8333)

Municipal District of Muskoka:

[Muskoka Find the Resources You Need](#)

Supports for mental health, addictions, housing, child and family supports, supports for seniors, financial aid. Most services are provided by phone and / or video conferencing.

Laura Mc Ilravey , Mental Health / Addictions counselling [705-645-2412](tel:705-645-2412)

Kasia Oxley, Children's Services Community Facilitator [705-645-2412](tel:705-645-2412) ext. 4415

Maureen Callaghan (Housing) [705-644-4308](tel:705-644-4308)

Simcoe Muskoka Family Connexions – Child & Youth Mental Health Services (CYMH):

[Updates and Services Available](#)

Providing Counseling Walk-In Sessions on Tuesday and Thursday by telephone and/or video.

General CYMH support, service inquiries and walk in counseling: [705-645-4426](tel:705-645-4426) ext. 6270.

Child & youth mental health Crisis Line Telephone Intervention & Assessment: [1-844-287-9072](tel:1-844-287-9072)

Providing Counseling Walk-In Sessions on Tuesday and Thursday by telephone and/or video.

Simcoe Muskoka Catholic Family Services:

[Update on Our Services](#) [Find Support](#)

Individual, couple and family counseling: 12 years old and up by Telephone and video conferencing.

Monday to Friday – 9 a.m. to 5 p.m. [705-726-2503](tel:705-726-2503)

Group and webinar based counseling / support for a variety of wellness/ mental health topics and strategies (radical acceptance, self-care, mindfulness, social media and mental health, the power of emotion, women's self-discovery).

RAAM Muskoka Rapid Access Addiction Medicine

[RAAM Website](#)

(Joint effort of the CMHA Muskoka and the North Muskoka Nurse Practitioner Led Clinic).

Supports remain available by phone and / or videoconferencing: [705-645-2262](tel:705-645-2262)

Online Self Help Support for Addictions:

[In The Rooms Free Online Recovery](#)

In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues. We embrace multiple pathways to recovery, including all 12 Step, Non-12 Step, Wellness and Mental Health modalities.

[AA online Meeting Rooms](#)

Online Therapists for COVID-19 Frontline Workers:

[COVID-19 Support for Frontline Workers](#)

An emerging network of Ontario-based mental health professionals dedicated to supporting frontline COVID-19 workers during the evolving crisis.

“As the COVID-19 Virus pandemic spreads so will the toll on Ontarians providing frontline healthcare: doctors, nurses, nursing aides, paramedics, and so on. This population may lack adequate emotional and mental support, and feel isolated and stigmatized for their contact with those who have been infected. Our goal is to help these workers feel connected, supported, and to provide one-on-one no-fee therapy for those who need it.” (Local and Ontario wide).

Muskoka Parry Sound Sexual Assault Services (MPSSAS):

Our helpline is available 24/7 at [1-800-461-2929](tel:1-800-461-2929)

Staff are scheduling individual counselling appointments online or by phone, and we are presently able to assist women who need it with access to both, through a limited number of loaner laptops and by assistance with phone minutes. Community based meetings offered via our zoom program.

The Survivor to Survivor mentorship program is continuing through phone and online contacts.

Muskoka Victim Services:

[Support for Victims of Crime and Tragedy](#)

[1-844-762-9945](tel:1-844-762-9945)

The Victim Quick Response Program + (VQRP+) provides short-term financial support toward essential expenses for victims, their immediate family members and witnesses in the immediate aftermath of a violent crime to help reduce the impact of the crime, enhance safety and meet immediate practical needs.

Brain Works Rehab (Muskoka):

intake@brainworksrehab.com

Anyone can refer: [705-787-7500](tel:705-787-7500) ext. 203

Accepts insurer-funded referrals (MVA, WSIB, VAC, etc) for psychology, neuropsychology, social work and psychotherapy. Accepting private referrals for these services as well. We work with individuals across the lifespan, and with a wide variety of presenting issues ranging from "the worried well" to those with diagnosable psychiatric conditions. We are seeing individuals and families through video conferencing and by phone exclusively, until restrictions are lifted for COVID-19.

Cottage Country and Algonquin Family Health Teams:

[Algonquin Family Health Team Programs and Services](#)

[Programs and Services Cottage Country Family Health Team](#)

Mental health teams continue to accept referrals (for adults and children) and are providing counselling sessions either by phone or videoconference. Reminder this is a service to support individuals with who are patients of the Family Health Teams with mild to moderate mental health concerns – children receive up to 8 sessions and adults up to 6.

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North Muskoka Nurse Practitioner Led Clinic

<https://www.northmuskokanplc.com/>

Mental Health Support provided to patients of the clinic. Tele-psychiatry with the Center for Addiction and Mental Health; Primary Care support with Nurse Practitioners and RNs; individual counseling / psychotherapy with Social Worker. Remote support available – telephone and videoconferencing.

Private Practitioners, Muskoka:

Many local private practitioners can be found on the “Psychology Today” site. Most have COVID-19 accommodations. Some are offering sliding scale. [Contact List for Therapists through Psychology Today](#)

Highlighting those that contacted Muskoka Mental Health Network re services during COVID-19 times:

Eva Watson MSW RSW:

[Website and Services](#)

Seeing clients by “theraplatform” and phone call sessions.

Lori Davies MSW RSW:

[Website and Services](#) Can be available to video chat with anyone struggling with all the uncertainty at no charge. Regular psychotherapy sessions available online or phone. [705-205-0086](tel:705-205-0086), contact@loridavies.ca

Warren Broad, Counsellor, Therapist MFT. HAC. LAC:

[Website and Services](#)

Available for phone and video conference. email hello@warrenbroad.com

Sessions start at 15 minutes with simply billing for direct amount of time on the call. Flexible payment options geared as much as possible to what the client's situation is regarding available income.

Richard Henry RSW:

Tel [705-788-7895](tel:705-788-7895)

Provides counselling for people 18 years and older with over 40 years’ experience in mental health centres and hospital. Advanced certificate in CBT; familiar with the care of persons with long standing and complicated presentations of anxiety disorders, depressive illness and relationship problems.

Vanessa Lewis M.A, RP:

[Website and Services](#)

Registered Psychotherapist [705-706-4240](tel:705-706-4240) Offering phone sessions only at this time (COVID-19). Intern, Jennifer, is also offering phone sessions at this time. All the current information is listed on my website, which is at the bottom of my email.

Kelly Gauthier BFA, DVATI, RCAT:

[Website and Services](#)

Art & Photo Therapist in the Huntsville area offering services to all ages. Specializing in the use of photographs and projected imagery in therapy.

Anna Nuedling MACP, RSW

705-380-6768 (call/text) acnuedling@gmail.com Sessions for adults, children and youth. Can provide parents/caregivers support during this time of parenting/ working/ homeschooling, and work with youth directly to address anxiety, worries and challenging behaviours.

Kimberly Brown kimberly.wellnesspsychotherapy@gmail.com