



Women & Children's  
Health Network

CENTRAL REGION NORTH

# Perinatal Mental Health Provider Care Pathway



# Perinatal Mental Health Provider Care Pathway – Central Region

## About the Pathway

The Perinatal Mental Health Provider Care Pathway for the Central Region North connects healthcare providers with publicly funded or free services that support individuals experiencing perinatal mood and anxiety disorders. This pathway was developed by the Women & Children’s Health Network with reference to the Provincial Council for Maternal and Child Health (PCMCH)’s Care Pathway for the Treatment of Perinatal Mental Health.

A digital version of this localized Care Pathway can be found on the Women and Children’s Health Network website, along with more information about the network and other services and support.

This pathway is divided by subregions across Central Region North (Simcoe County, District of Muskoka, and Parry Sound), listing supports related to perinatal mental health. Each support is coded with the treatment level that best fits based on the description in the PCMCH Care Pathway for the Treatment of Perinatal Mental Health, which is guided by EPDS, GAD-7, or PHQ-9 scores and clinical judgement. Any underlined text leads to a direct link, which can be accessed by clicking on it.

*If you have any suggestions related to making additions or changes to the resources listed on this pathway, please connect with the Women and Children’s Health Network through our [contact page](#).*

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# Perinatal Mental Health Provider Care Pathway – Central Region

## PCMCH Care Pathway for the Treatment of Perinatal Mental Health

1. **ASK** about the well-being of the pregnant or postpartum person at every visit to identify the need for mental health support and treatment
2. **ADVISE** by providing education on perinatal mental health and arrange support to mitigate factors that are affecting mental health
3. **ASSESS** the severity of the mental health concern
4. **ASSIST** by recommending or implementing a treatment step

	MILD/1	MODERATE/2	SEVERE/3	URGENT/4
<b>ASSESS</b> Severity/Symptom Level	Mild or few, but persistent symptoms, minimal impact on daily functioning	Multiple symptoms, persistent, impacting daily functioning & quality of life	Many symptoms, persistent, significant impact on daily functioning & quality of life	Psychosis, mania, or risk of harm to self or others
<b>Assessment Tools (Depression &amp; Anxiety ONLY)*</b>				
GAD-7	Score: 5-9	Score: 10-14	Score: 15+	N/A
PHQ-9	Score: 5-9	Score: 10-14	Score: 15+ or Q9>0	N/A
EPDS	Score: 10-12	Score: 13-18	Score: 19+ or Q10>0	N/A
<b>Types of Supports</b>	Self-help, peer support, supportive counselling	CBT, IPT, medication (within scope of primary care)	Psychiatry, specialized perinatal consult, acute care	Crisis intervention, emergency dept.

**\*Screening scores are a guide only, clinical assessment is required.**

5. **ARRANGE** follow-ups to monitor recommended treatment plan; make modifications or changes to treatment step as required

For more details, please visit the [PCMCH Care Pathway guidance document](#).



## Perinatal Mental Health Provider Care Pathway – Central Region

Alliston		
Organization/Program	Details	Level
<b><u>Ontario Structured Psychotherapy - Central North</u></b> 1-877-341-4729 x 2883 <a href="mailto:osp@waypointcentre.ca">osp@waypointcentre.ca</a> <a href="#">Provider Referral Link</a>	<ul style="list-style-type: none"> <li>Independent and clinician-guided self-help</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Cognitive Behavioural Therapy based counselling support</li> <li>Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
<b><u>Simcoe-Muskoka District Health Unit</u></b> 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete screening & fax to 705 734 9265	<ul style="list-style-type: none"> <li>Healthy Babies Healthy Children: home visiting services for pregnant individuals and parents with children from birth up until their transition to school who are experiencing challenges</li> </ul>	Mild/1
<b><u>Métis Nation Ontario</u></b> 1-800-263-4889 Ext. 7  HBHC: <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a> Mental Health & Addictions: <a href="mailto:MHA@metisnation.org">MHA@metisnation.org</a>	<ul style="list-style-type: none"> <li>Métis Healthy Babies Healthy Children</li> </ul>	Mild/1
<b><u>EarlyON Collingwood and Alliston</u></b> (705) 446-0816 <a href="mailto:earlyon@e3.ca">earlyon@e3.ca</a>	<ul style="list-style-type: none"> <li>Health promotion for smoking, gambling &amp; gaming/technology</li> <li>Mental health &amp; addictions assessments</li> <li>Individual &amp; family counselling</li> </ul>	Moderate/2
<b><u>Catulpa Community Services</u></b> 705-733-3227 ext. 2236 <a href="mailto:capc@catulpa.on.ca">capc@catulpa.on.ca</a>	<ul style="list-style-type: none"> <li>Baby Steps: For parents of children 0-12 months (Virtual)</li> <li>Child &amp; Family Programs (Virtual or In-Person)</li> <li>Building Stronger Fathers (Virtual)</li> <li>Programs for families on a limited income (\$40k/yr gross):               <ul style="list-style-type: none"> <li>MotherCare: Pregnancy group (virtual or in-person)</li> <li>Next Step: Individuals and families who are parenting children 0-36 months</li> <li>CAPC: Programming for families with children 0-6 years</li> </ul> </li> </ul>	Mild/1
<b><u>EarlyON Barrie &amp; Bradford</u></b> Bradford Office: 705-726-9082 <a href="mailto:inquiries@empowersimcoe.ca">inquiries@empowersimcoe.ca</a>	<ul style="list-style-type: none"> <li>List of EarlyON Centres and programming Bradford area</li> <li>French Language Services available thru La Clé with <a href="#">ON y va</a></li> </ul>	Mild/1
<b><u>EarlyON Collingwood &amp; Alliston</u></b> Alliston Office: 705-435-4308 <a href="mailto:earlyon@e3.ca">earlyon@e3.ca</a>	<ul style="list-style-type: none"> <li>List of EarlyON Centres and programming in Collingwood area</li> <li>French Language Services available thru La Clé with <a href="#">ON y va</a></li> </ul>	Mild/1



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Alliston		
Organization/Program	Details	Level
<p><b><u>Collingwood Well Baby Clinic</u></b> 705-445-4243 For After Baby Group: <a href="mailto:info@collingwoodwellbabyclinic.com">info@collingwoodwellbabyclinic.com</a></p> <p>For BA Therapy: <a href="mailto:kirbyn@cgmh.on.ca">kirbyn@cgmh.on.ca</a></p>	<ul style="list-style-type: none"> <li>• After Baby Group: for parents struggling with postpartum mood changes</li> <li>• Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
<p><b><u>CMHA Simcoe</u></b> 705-726-5033</p> <p>24/7 Crisis Line 1-888-893-8333</p>	<ul style="list-style-type: none"> <li>• Early Intervention Psychosis (ages 14 - 35)</li> <li>• Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>• 24/7 Crisis Line with in-person support coordinated if needed</li> </ul>	Urgent/4
<p><b><u>CFS Counselling &amp; Well-being</u></b> Book online: <a href="https://search.caredove.com/cfssc">https://search.caredove.com/cfssc</a> If needing support to book: 1-888-726-2503</p>	<ul style="list-style-type: none"> <li>• Virtual across Simcoe County</li> <li>• Individual, couple, and family counselling</li> <li>• Some in-person and walk-in sessions (by area/availability)</li> </ul>	Moderate/2
<p><b><u>Stevenson Memorial Hospital</u></b> Mental Health: 705-434-5140</p> <p>MINT Program: <a href="http://www.themintprogram.ca">www.themintprogram.ca</a> 705-435-3377 Ext. 2318 <a href="mailto:mint@smhosp.on.ca">mint@smhosp.on.ca</a></p>	<ul style="list-style-type: none"> <li>• Mental health services (individual counselling &amp; psychotherapy groups)</li> <li>• The MINT Program provides comprehensive postpartum care tailored to support families during the transition into parenthood. From in-home or virtual postpartum visits, they specialize in supporting families facing perinatal mood and anxiety disorders (PMADs).</li> </ul>	Moderate/2



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Barrie		
Organization/Program	Details	Level
<b>Ontario Structured Psychotherapy - Central North</b> 1-877-341-4729 x 2883 <a href="mailto:osp@waypointcentre.ca">osp@waypointcentre.ca</a> <a href="#">Provider Referral Link</a>	<ul style="list-style-type: none"> <li>Independent and clinician-guided self-help</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Cognitive Behavioural Therapy based counselling support</li> <li>Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
<b>Simcoe-Muskoka District Health Unit</b> 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete screening & fax to 705 734 9265	<ul style="list-style-type: none"> <li>Healthy Babies Healthy Children: home visiting services for pregnant individuals and parents with children from birth up until their transition to school who are experiencing challenges</li> </ul>	Mild/1
<b>Métis Nation Ontario</b> 1-800-263-4889 Ext. 7  HBHC: <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a> Mental Health & Addictions: <a href="mailto:MHA@metisnation.org">MHA@metisnation.org</a>	<ul style="list-style-type: none"> <li>Métis Healthy Babies Healthy Children</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Health promotion for smoking, gambling &amp; gaming/technology</li> <li>Mental health &amp; addictions assessments</li> <li>Individual &amp; family counselling</li> </ul>	Moderate/2
<b>EarlyON Barrie &amp; Bradford</b> Barrie Office: 705-792-7878 <a href="mailto:inquiries@empowersimcoe.ca">inquiries@empowersimcoe.ca</a>	<ul style="list-style-type: none"> <li>List of EarlyON Centres and programming Bradford area</li> <li>French Language Services available thru La Clé with <a href="#">ON y va</a></li> </ul>	Mild/1
<b>Catulpa Community Services</b> 705-733-3227 ext. 2236 <a href="mailto:capc@catulpa.on.ca">capc@catulpa.on.ca</a>	<ul style="list-style-type: none"> <li>Baby Steps: For parents of children 0-12 months (Virtual)</li> <li>Child &amp; Family Programs (Virtual or In-Person)</li> <li>Building Stronger Fathers (Virtual)</li> <li>Programs for families on a limited income (\$40k/yr gross):                             <ul style="list-style-type: none"> <li>MotherCare: Pregnancy group (virtual or in-person)</li> <li>Next Step: Individuals and families who are parenting children 0-36 months</li> <li>CAPC: Programming for families with children 0-6 years</li> </ul> </li> </ul>	Mild/1
<b>Hospice Simcoe</b> 705-725-1140	<ul style="list-style-type: none"> <li>Peer support groups</li> <li>Psychoeducational supports</li> </ul>	Mild/1
<b>Barrie Area Native Advisory Circle</b> 705-734-1818 <a href="mailto:admin@banac.on.ca">admin@banac.on.ca</a>	<ul style="list-style-type: none"> <li>Life skills</li> <li>Parenting support</li> <li>Cultural and traditional teaching</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Mamaway Wildokdaadwin - Red Road to Recovery: 10-week mental health &amp; addictions program</li> </ul>	Moderate/2
<b>Barrie Native Friendship Centre</b> 705-721-7689	<ul style="list-style-type: none"> <li>Indigenous Healthy Babies Healthy Children</li> <li>Indigenous Family Support</li> </ul>	Mild/1



## Perinatal Mental Health Provider Care Pathway – Central Region

Barrie		
Organization/Program	Details	Level
<b><u>Georgian Nurse Practitioner-Led Clinic</u></b> Barrie (Virtual): 705-722-1581	<ul style="list-style-type: none"> <li>After Baby Group: for parents struggling with postpartum mood changes</li> </ul>	Moderate/2
<b><u>Orillia Soldiers' Memorial Hospital</u></b> 705-325-2201 ext. 3122	<ul style="list-style-type: none"> <li>Perinatal Mental Health Clinician (Central Region North)</li> <li>Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>Perinatal Mental Health Clinician (Central Region North) *Moderate &amp; Severe</li> </ul>	Severe/3
<b><u>CMHA Simcoe</u></b> 705-726-5033  24/7 Crisis Line 1-888-893-8333	<ul style="list-style-type: none"> <li>Early Intervention Psychosis (ages 14 - 35)</li> <li>Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>24/7 crisis line with in-person support coordinated if needed</li> </ul>	Urgent/4
<b><u>CFS Counselling &amp; Well-being</u></b> Book online: <a href="https://search.caredove.com/cfssc">https://search.caredove.com/cfssc</a> If needing support to book: 1-888-726-2503	<ul style="list-style-type: none"> <li>Virtual across Simcoe County</li> <li>Individual, couple, and family counselling</li> <li>Some in-person and walk-in sessions (by area/availability)</li> </ul>	Moderate/2
<b><u>Royal Victoria Health Services</u></b>  Day Program: 705-728-9090 Ext. 47210  RAAM: 705-797-3095	<ul style="list-style-type: none"> <li>Adult Mental Health Day Program</li> <li>Adult Mental Health Inpatient (multi-disciplinary team)</li> <li>Adult Addiction Services</li> <li>Rapid Access Addiction Medicine (RAAM)</li> </ul>	Severe/3
	<ul style="list-style-type: none"> <li>Adult Mental Health Crisis Services</li> </ul>	Urgent/4



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Collingwood		
Organization/Program	Details	Level
<b>Ontario Structured Psychotherapy - Central North</b> 1-877-341-4729 x 2883 <a href="mailto:osp@waypointcentre.ca">osp@waypointcentre.ca</a> <a href="#">Provider Referral Link</a>	<ul style="list-style-type: none"> <li>Independent and clinician-guided self-help</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Cognitive Behavioural Therapy based counselling support</li> <li>Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
<b>Simcoe-Muskoka District Health Unit</b> 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete screening & fax to 705 734 9265	<ul style="list-style-type: none"> <li>Healthy Babies Healthy Children: home visiting services for pregnant individuals and parents with children from birth up until their transition to school who are experiencing challenges</li> </ul>	Mild/1
<b>Métis Nation Ontario</b> 1-800-263-4889 Ext. 7  HBHC: <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a> Mental Health & Addictions: <a href="mailto:MHA@metisnation.org">MHA@metisnation.org</a>	<ul style="list-style-type: none"> <li>Métis Healthy Babies Healthy Children</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Health promotion for smoking, gambling &amp; gaming/technology</li> <li>Mental health &amp; addictions assessments</li> <li>Individual &amp; family counselling</li> </ul>	Moderate/2
<b>EarlyON Collingwood &amp; Alliston</b> Collingwood Office: 705-446-0816 <a href="mailto:earlyon@e3.ca">earlyon@e3.ca</a>	<ul style="list-style-type: none"> <li>List of EarlyON Centres and programming in Collingwood area</li> <li>French Language Services available thru La Clé with <a href="#">ON y va</a></li> </ul>	Mild/1
<b>Catulpa Community Services</b> 705-733-3227 ext. 2236 <a href="mailto:capc@catulpa.on.ca">capc@catulpa.on.ca</a>	<ul style="list-style-type: none"> <li>Baby Steps: For parents of children 0-12 months (Virtual)</li> <li>Child &amp; Family Programs (Virtual or In-Person)</li> <li>Building Stronger Fathers (Virtual)</li> <li>Programs for families on a limited income (\$40k/yr gross):                             <ul style="list-style-type: none"> <li>MotherCare: Pregnancy group (virtual or in-person)</li> <li>Next Step: Individuals and families who are parenting children 0-36 months</li> <li>CAPC: Programming for families with children 0-6 years</li> </ul> </li> </ul>	Mild/1
<b>Collingwood Well Baby Clinic</b> 705-445-4243 <a href="mailto:info@collingwoodwellbabyclinic.com">info@collingwoodwellbabyclinic.com</a>	<ul style="list-style-type: none"> <li>Supportive counselling</li> <li>Group postpartum drop-in</li> <li>Bereaved family support</li> <li>Bereavement drop-in group</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Perinatal Behavioural Activation Therapy</li> <li>After Baby Group: for parents struggling with postpartum mood changes</li> </ul>	Moderate/2
<b>Collingwood General &amp; Marine Hospital</b> 705-444-6600	<ul style="list-style-type: none"> <li>Perinatal mental health consultation and treatment</li> <li>Mental health outpatient</li> <li>Mother Baby Wellness Group (co-facilitated with Collingwood Well Baby Clinic)</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>Psychiatry (physician referral needed)</li> </ul>	Severe/3



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<b><u>Orillia Soldiers' Memorial Hospital</u></b> 705-325-2201 ext. 3122	<ul style="list-style-type: none"> <li>Perinatal Mental Health Clinician (Central Region North)</li> <li>Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>Perinatal Mental Health Clinician (Central Region North) *Moderate &amp; Severe</li> </ul>	Severe/3
<b><u>CMHA Simcoe</u></b> 705-726-5033  24/7 Crisis Line 1-888-893-8333	<ul style="list-style-type: none"> <li>Early Intervention Psychosis (ages 14 - 35)</li> <li>Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>24/7 Crisis Line with in-person support coordinated if needed</li> </ul>	Urgent/4
<b><u>CFS Counselling &amp; Well-being</u></b> Book online: <a href="https://search.caredove.com/cfssc">https://search.caredove.com/cfssc</a> If needing support to book: 1-888-726-2503	<ul style="list-style-type: none"> <li>Virtual across Simcoe County</li> <li>Individual, couple, and family counselling</li> <li>Some in-person and walk-in sessions (by area/availability)</li> </ul>	Moderate/2



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Midland		
Organization/Program	Details	Level
<b>Ontario Structured Psychotherapy - Central North</b> 1-877-341-4729 x 2883 <a href="mailto:osp@waypointcentre.ca">osp@waypointcentre.ca</a> <a href="#">Provider Referral Link</a>	<ul style="list-style-type: none"> <li>Independent and clinician-guided self-help</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Cognitive Behavioural Therapy based counselling support</li> <li>Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
<b>Simcoe-Muskoka District Health Unit</b> 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete screening & fax to 705 734 9265	<ul style="list-style-type: none"> <li>Healthy Babies Healthy Children: home visiting services for pregnant individuals and parents with children from birth up until their transition to school who are experiencing challenges</li> </ul>	Mild/1
<b>Métis Nation Ontario</b> 1-800-263-4889 Ext. 7  HBHC: <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a> Mental Health & Addictions: <a href="mailto:MHA@metisnation.org">MHA@metisnation.org</a>	<ul style="list-style-type: none"> <li>Métis Healthy Babies Healthy Children</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Health promotion for smoking, gambling &amp; gaming/technology</li> <li>Mental health &amp; addictions assessments</li> <li>Individual &amp; family counselling</li> </ul>	Moderate/2
<b>EarlyON Simcoe North</b> Midland Office: 705-526-2456 <a href="mailto:earlyonsn@earlyonsimcoenorth.ca">earlyonsn@earlyonsimcoenorth.ca</a>	<ul style="list-style-type: none"> <li>List of EarlyON Centres and programming in Midland area</li> <li>French Language Services available thru La Clé with <a href="#">ON y va</a></li> </ul>	Mild/1
<b>Catulpa Community Services</b> 705-733-3227 ext. 2236 <a href="mailto:capc@catulpa.on.ca">capc@catulpa.on.ca</a>	<ul style="list-style-type: none"> <li>Baby Steps: For parents of children 0-12 months (Virtual)</li> <li>Child &amp; Family Programs (Virtual or In-Person)</li> <li>Building Stronger Fathers (Virtual)</li> <li>Programs for families on a limited income (\$40k/yr gross):                             <ul style="list-style-type: none"> <li>MotherCare: Pregnancy group (virtual or in-person)</li> <li>Next Step: Individuals and families who are parenting children 0-36 months</li> <li>CAPC: Programming for families with children 0-6 years</li> </ul> </li> </ul>	Mild/1
<b>Georgian Bay Native Friendship Centre</b> 705-526-5589 <a href="mailto:gbnfc@gbnfc.com">gbnfc@gbnfc.com</a>	<ul style="list-style-type: none"> <li>Young Children &amp; Family Program: for families with children age 0-6</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Indigenous Healing &amp; Wellness</li> <li>Indigenous Alcohol &amp; Drug Program</li> <li>Indigenous Mental Health &amp; Wellness Program</li> </ul>	Moderate/2
<b>Beausoleil First Nation</b> 705-247-2033 <a href="mailto:cpw@chimnissing.ca">cpw@chimnissing.ca</a>	<ul style="list-style-type: none"> <li>Indigenous Healthy Babies Healthy Children</li> </ul>	Mild/1



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Midland		
Organization/Program	Details	Level
<b><u>Orillia Soldiers' Memorial Hospital</u></b> 705-325-2201 ext. 3122	<ul style="list-style-type: none"> <li>Perinatal Behavioural Activation Therapy</li> <li>Perinatal Mental Health Clinician (Central Region North)</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>Perinatal Mental Health Clinician (Central Region North)</li> <li>*Moderate &amp; Severe</li> </ul>	Severe/3
<b><u>Chigamik Community Health Centre</u></b> 705-527-4154	<ul style="list-style-type: none"> <li>Indigenous Perinatal Mental Health Program</li> <li>Perinatal Behavioural Activation Therapy</li> <li>Traditional Healing</li> <li>Mental Health Counselling</li> <li>Single Session Counselling</li> <li>Embrace the Shift: therapeutic group for postpartum anxiety and depression</li> </ul>	Moderate/2
<b><u>CMHA Simcoe</u></b> Midland Office: 705-526-0393  24/7 Crisis Line 1-888-893-8333	<ul style="list-style-type: none"> <li>Early Intervention Psychosis (ages 14 - 35)</li> <li>Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>24/7 Crisis Line with in-person support coordinated if needed</li> </ul>	Urgent/4
<b><u>CFS Counselling &amp; Well-being</u></b> Book online: <a href="https://search.caredove.com/cfssc">https://search.caredove.com/cfssc</a> If needing support to book: 1-888-726-2503	<ul style="list-style-type: none"> <li>Virtual across Simcoe County</li> <li>Individual, couple, and family counselling</li> <li>Some in-person and walk-in sessions (by area/availability)</li> </ul>	Moderate/2
<b><u>North Simcoe Family Health Team</u></b> 705-526-7804  For After Baby Group: Midland (In-Person): Michelle Strain (NSFHT) mstrain@nsfht.ca 705-526-7804 ext 227	<ul style="list-style-type: none"> <li>Telephone/virtual/in-person</li> <li>Short term mental health counselling</li> <li>After Baby Group: for parents struggling with postpartum mood changes</li> <li>Single session counselling</li> </ul>	Moderate/2
<b><u>Royal Victoria Health Services</u></b> RAAM: 705-797-3095	<ul style="list-style-type: none"> <li>Rapid Access Addiction Medicine (RAAM)</li> </ul>	Severe/3
<b><u>Waypoint</u></b> 1-877-341-4729 *Central Intake <a href="#">referral form</a> (to be completed by physician/nurse practitioner)	<ul style="list-style-type: none"> <li>Outpatient Assessment &amp; Treatment (OATS)</li> </ul>	Severe/3
	<ul style="list-style-type: none"> <li>Inpatient Acute Assessment Program (multi-disciplinary team)</li> </ul>	Urgent/4



## Perinatal Mental Health Provider Care Pathway – Central Region

Orillia		
Organization/Program	Details	Level
<b>Ontario Structured Psychotherapy - Central North</b> 1-877-341-4729 x 2883 <a href="mailto:osp@waypointcentre.ca">osp@waypointcentre.ca</a> <a href="#">Provider Referral Link</a>	<ul style="list-style-type: none"> <li>Independent and clinician-guided self-help</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Cognitive Behavioural Therapy based counselling support</li> <li>Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
<b>Simcoe-Muskoka District Health Unit</b> 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete screening & fax to 705 734 9265	<ul style="list-style-type: none"> <li>Healthy Babies Healthy Children: home visiting services for pregnant individuals and parents with children from birth up until their transition to school who are experiencing challenges</li> </ul>	Mild/1
<b>Métis Nation Ontario</b> 1-800-263-4889 Ext. 7  HBHC: <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a> Mental Health & Addictions: <a href="mailto:MHA@metisnation.org">MHA@metisnation.org</a>	<ul style="list-style-type: none"> <li>Métis Healthy Babies Healthy Children</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Health promotion for smoking, gambling &amp; gaming/technology</li> <li>Mental health &amp; addictions assessments</li> <li>Individual &amp; family counselling</li> </ul>	Moderate/2
<b>EarlyON Simcoe North</b> Orillia Office: 705-325-1299 <a href="mailto:earlyonsn@earlyonsimcoenorth.ca">earlyonsn@earlyonsimcoenorth.ca</a>	<ul style="list-style-type: none"> <li>List of EarlyON Centres and programming in Orillia area</li> <li>French Language Services available thru La Clé with <a href="#">ON y va</a></li> </ul>	Mild/1
<b>Catulpa Community Services</b> 705-733-3227 ext. 2236 <a href="mailto:capc@catulpa.on.ca">capc@catulpa.on.ca</a>	<ul style="list-style-type: none"> <li>Baby Steps: For parents of children 0-12 months (Virtual)</li> <li>Child &amp; Family Programs (Virtual or In-Person)</li> <li>Building Stronger Fathers (Virtual)</li> <li>Programs for families on a limited income (\$40k/yr gross):                             <ul style="list-style-type: none"> <li>MotherCare: Pregnancy group (virtual or in-person)</li> <li>Next Step: Individuals and families who are parenting children 0-36 months</li> <li>CAPC: Programming for families with children 0-6 years</li> </ul> </li> </ul>	Mild/1
<b>Hospice Orillia</b> Bereavement Services Coordinator: 705-325-0505 Ext. 209 <a href="mailto:louise@hospiceorillia.ca">louise@hospiceorillia.ca</a>	<ul style="list-style-type: none"> <li>Pregnancy &amp; infant loss outreach</li> </ul>	Mild/1
<b>Enaahdig Healing Lodge</b> Orillia Office Location Intake Coordinator (705) 330-4059 x 130 <a href="mailto:outreachintake@enaahdig.ca">outreachintake@enaahdig.ca</a>	<ul style="list-style-type: none"> <li>Screening and comprehensive assessments</li> <li>Counselling and psychotherapy</li> </ul>	Moderate/2
<b>Orillia Native Women's Group</b> 705-329-7755 <a href="mailto:admin@onwg.net">admin@onwg.net</a>	<ul style="list-style-type: none"> <li>Indigenous CAPC: programming for families with children 0-6 years</li> <li>Indigenous Parenting Program</li> </ul>	Mild/1



## Perinatal Mental Health Provider Care Pathway – Central Region

Orillia		
Organization/Program	Details	Level
<b><u>Rama First Nation</u></b> 705-325-3611 (ask to be transferred to the Health Centre)	<ul style="list-style-type: none"> <li>Indigenous Healthy Babies Healthy Children</li> </ul>	Mild/1
<b><u>Orillia Soldiers' Memorial Hospital</u></b>  Perinatal Mental Health: 705-325-2201 ext. 3122  Day Hospital: 705-325-2201 ext. 6395  Crisis Response: 705-325-2201 ext. 3536  Acute Outpatient: 705-325-2201 ext. 6415	<ul style="list-style-type: none"> <li>Perinatal Mental Health Clinician (Central Region North)</li> <li>Perinatal Behavioural Activation Therapy</li> <li>After Baby Group: for parents struggling with postpartum mood changes</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>Perinatal Mental Health Clinician (Central Region North) *Moderate &amp; Severe</li> <li>Day Hospital Program</li> </ul>	Severe/3
	<ul style="list-style-type: none"> <li>In-Patient Program (multi-disciplinary team)</li> <li>Acute Outpatient &amp; Crisis (psychiatrist &amp; counsellor assessment)</li> </ul>	Urgent/4
<b><u>Chigamik Community Health Centre</u></b> 705-527-4154	<ul style="list-style-type: none"> <li>Indigenous Perinatal Mental Health Program</li> <li>Traditional Healing</li> <li>Mental Health Counselling</li> <li>Single Session Counselling</li> <li>Embrace the Shift: therapeutic group for postpartum anxiety and depression</li> </ul>	Moderate/2
<b><u>CMHA Simcoe</u></b> 705-726-5033  24/7 Crisis Line 1-888-893-8333	<ul style="list-style-type: none"> <li>Early Intervention Psychosis (ages 14 - 35)</li> <li>Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>24/7 Crisis Line with in-person support coordinated if needed</li> </ul>	Urgent/4
<b><u>CFS Counselling &amp; Well-being</u></b> Book online: <a href="https://search.caredove.com/cfssc">https://search.caredove.com/cfssc</a> If needing support to book: 1-888-726-2503	<ul style="list-style-type: none"> <li>Virtual across Simcoe County</li> <li>Individual, couple, and family counselling</li> <li>Some in-person and walk-in sessions (by area/availability)</li> </ul>	Moderate/2
<b><u>North Simcoe Family Health Team</u></b> 705-526-7804	<ul style="list-style-type: none"> <li>Telephone/virtual/in-person</li> <li>Short term mental health counselling</li> <li>After Baby Group: for parents struggling with postpartum mood changes</li> <li>Single session counselling</li> <li>Well baby program for 0-4 years</li> </ul>	Moderate/2
<b><u>Royal Victoria Health Services</u></b> RAAM: 705-797-3095	<ul style="list-style-type: none"> <li>Rapid Access Addiction Medicine (RAAM)</li> </ul>	Severe/3



## Perinatal Mental Health Provider Care Pathway – Central Region

Muskoka		
Organization/Program	Details	Level
<b><u>Ontario Structured Psychotherapy - Central North</u></b> 1-877-341-4729 x 2883 <a href="mailto:osp@waypointcentre.ca">osp@waypointcentre.ca</a> <a href="#">Provider Referral Link</a>	<ul style="list-style-type: none"> <li>Independent and clinician-guided self-help</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Cognitive Behavioural Therapy based counselling support</li> <li>Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
<b><u>Simcoe-Muskoka District Health Unit</u></b> 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete screening & fax to 705 734 9265	<ul style="list-style-type: none"> <li>Healthy Babies Healthy Children: home visiting services for pregnant individuals and parents with children from birth up until their transition to school who are experiencing challenges</li> </ul>	Mild/1
<b><u>Métis Nation Ontario</u></b> 1-800-263-4889 Ext. 7  HBHC: <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a> Mental Health & Addictions: <a href="mailto:MHA@metisnation.org">MHA@metisnation.org</a>	<ul style="list-style-type: none"> <li>Métis Healthy Babies Healthy Children</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Health promotion for smoking, gambling &amp; gaming/technology</li> <li>Mental health &amp; addictions assessments</li> <li>Individual &amp; family counselling</li> </ul>	Moderate/2
<b><u>EarlyON Muskoka</u></b> 705-645-2100	<ul style="list-style-type: none"> <li>List of EarlyON Centres and programming in Muskoka</li> <li>French Language Services available thru La Clé with <a href="#">ON y va</a></li> </ul>	Mild/1
<b><u>HANDS the Family Help Network</u></b> South River: 705-384-5225 ext. 2211 <a href="mailto:greatbeginnings@handstfhn.ca">greatbeginnings@handstfhn.ca</a>	<ul style="list-style-type: none"> <li>Great Beginnings (programming for pregnant people and parents of children under 3)</li> <li>Caring for Caregivers program</li> </ul>	Mild/1
<b><u>Muskoka Family Focus</u></b> 705-645-3027 <a href="mailto:samantha@muskokafamilyfocus.ca">samantha@muskokafamilyfocus.ca</a>	<ul style="list-style-type: none"> <li>Bounce Back &amp; Thrive: for parents with children under 8</li> <li>Making the Connection: for parents with children under 1</li> </ul>	Mild/1
<b><u>Orillia Soldiers' Memorial Hospital</u></b> Perinatal Mental Health: 705-325-2201 ext. 3122  Day Hospital: 705-325-2201 ext. 6395  Crisis Response: 705-325-2201 ext. 3536  Acute Outpatient: 705-325-2201 ext. 6415	<ul style="list-style-type: none"> <li>Perinatal Behavioural Activation Therapy</li> <li>Perinatal Mental Health Clinician (Central Region North)</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>Perinatal Mental Health Clinician (Central Region North) *Moderate &amp; Severe</li> <li>Day Hospital Program</li> </ul>	Severe/3
	<ul style="list-style-type: none"> <li>In-Patient Program (multi-disciplinary team)</li> <li>Acute Outpatient &amp; Crisis (psychiatrist &amp; counsellor assessment)</li> </ul>	Urgent/4



## Perinatal Mental Health Provider Care Pathway – Central Region

Muskoka		
Organization/Program	Details	Level
<b><u>Chigamik Community Health Centre</u></b> 705-527-4154	<ul style="list-style-type: none"> <li>Indigenous Perinatal Mental Health Program</li> <li>Traditional Healing</li> <li>Mental Health Counselling</li> <li>Single Session Counselling</li> <li>Embrace the Shift: therapeutic group for postpartum anxiety and depression</li> </ul>	Moderate/2
<b><u>CMHA Muskoka - Parry Sound</u></b>  Bracebridge – 705-645-2262 Huntsville – 705-789-8891  After Baby Group: Bracebridge (Virtual or In-Person): Keely Freeburn (CMHA MPS) 705-645-2262 ext 1227 <a href="mailto:kfreeburn@cmhamps.ca">kfreeburn@cmhamps.ca</a>  Crisis Line: 1-800-461-5424	<ul style="list-style-type: none"> <li>Perinatal Behavioural Activation Therapy</li> <li>After Baby Group: for parents struggling with postpartum mood changes</li> <li>Indigenous Mental Health Program</li> <li>Counselling</li> <li>Early Intervention Psychosis (ages 14 - 35)</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>24/7 Crisis Line</li> </ul>	Severe/4
<b><u>CFS Counselling &amp; Well-being</u></b> Book online: <a href="https://search.caredove.com/cfssc">https://search.caredove.com/cfssc</a> If needing support to book: 1-888-726-2503	<ul style="list-style-type: none"> <li>Virtual across Muskoka</li> <li>Individual, couple, and family counselling</li> <li>Some in-person and walk-in sessions (by area/availability)</li> </ul>	Moderate/2
<b><u>Muskoka Algonquin Healthcare</u></b> Bracebridge: 705-645-4404  Huntsville: 705-789-2311	<ul style="list-style-type: none"> <li>Social Work Services</li> </ul>	Moderate/2
<b><u>Waypoint</u></b> 1-877-341-4729 *Central Intake <a href="#">referral form</a> (to be completed by physician/nurse practitioner)  *Bracebridge & Gravenhurst Only	<ul style="list-style-type: none"> <li>Outpatient Assessment &amp; Treatment (OATS)                *Bracebridge &amp; Gravenhurst Only</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>Outpatient Assessment &amp; Treatment (OATS)                *Bracebridge &amp; Gravenhurst Only                *Moderate &amp; Severe</li> </ul>	Severe/3



## Perinatal Mental Health Provider Care Pathway – Central Region

Parry Sound District		
Organization/Program	Details	Level
<b>Ontario Structured Psychotherapy - Central North</b> 1-877-341-4729 x 2883 <a href="mailto:osp@waypointcentre.ca">osp@waypointcentre.ca</a> <a href="#">Provider Referral Link</a>	<ul style="list-style-type: none"> <li>Independent and clinician-guided self-help</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Cognitive Behavioural Therapy based counselling support</li> <li>Perinatal Behavioural Activation Therapy</li> </ul>	Moderate/2
<b>North Bay Parry Sound District Health Unit</b> 705-474-1400 ext. 5351	<ul style="list-style-type: none"> <li>Healthy Babies Healthy Children: home visiting services for pregnant individuals and parents with children from birth up until their transition to school who are experiencing challenges</li> </ul>	Mild/1
<b>Métis Nation Ontario</b> 1-800-263-4889 Ext. 7  HBHC: <a href="mailto:contactus@metisnation.org">contactus@metisnation.org</a> Mental Health & Addictions: <a href="mailto:MHA@metisnation.org">MHA@metisnation.org</a>	<ul style="list-style-type: none"> <li>Métis Healthy Babies Healthy Children</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Health promotion for smoking, gambling &amp; gaming/technology</li> <li>Mental health &amp; addictions assessments</li> <li>Individual &amp; family counselling</li> </ul>	Moderate/2
<b>District of Parry Sound Social Services Administration Board</b> Parry Sound EarlyON 705-746-9522 ext. 4350 <a href="mailto:lwhetham@psdssab.org">lwhetham@psdssab.org</a>	<ul style="list-style-type: none"> <li>List of EarlyON groups in Parry Sound area</li> <li>Virtual and in-person programming</li> <li>Mom-to-Mom Group: for parents of children under 18 months</li> <li>Parenting workshops</li> </ul>	Mild/1
<b>HANDS The Family Help Network</b> Parry Sound: 705-746-4293 <a href="mailto:greatbeginnings@handstfhn.ca">greatbeginnings@handstfhn.ca</a>	<ul style="list-style-type: none"> <li>Great Beginnings: programming for pregnant people and parents of children under 3</li> <li>Caring for Caregivers program</li> </ul>	Mild/1
<b>Parry Sound Friendship Centre</b> 705-746-5970 ext. 111 <a href="mailto:cpc@psfc.ca">cpc@psfc.ca</a>	<ul style="list-style-type: none"> <li>Indigenous Healthy Babies Healthy Children Program</li> <li>CAPC program</li> <li>Health Outreach Program</li> <li>Healing and Wellness Program</li> </ul>	Mild/1
<b>CMHA Muskoka - Parry Sound</b> Parry Sound – 705-746-4264 Sundridge – 705-384-5392  Crisis Line: 1-800-461-5424	<ul style="list-style-type: none"> <li>Perinatal Behavioural Activation Therapy</li> <li>Daytime Crisis Line</li> <li>Indigenous Mental Health Program</li> <li>Counselling</li> <li>Early Intervention Psychosis (ages 14 - 35)</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>24/7 Crisis Line</li> </ul>	Severe/4



## Perinatal Mental Health Provider Care Pathway – Central Region

Parry Sound District		
Organization/Program	Details	Level
<b><u>Almaquin Highlands Family Health Team</u></b> 705-382-4020 <a href="mailto:info@almaquin-health.org">info@almaquin-health.org</a>	<ul style="list-style-type: none"> <li>Perinatal Behavioural Activation Therapy (for AFHT patients)</li> </ul>	Moderate/2
<b><u>Wasauksing First Nation</u></b> Health Department 705-746-8022	<ul style="list-style-type: none"> <li>Traditional Wellness</li> <li>National Native Alcohol and Drug Abuse Program (NNADAP)</li> <li>Social Work Services                             <ul style="list-style-type: none"> <li>Counselling: Assessment/planning, Interpersonal Psychotherapy, Cognitive Behavioural Therapy, Narrative, Brief Solution Focused</li> </ul> </li> </ul>	Moderate/2
<b><u>West Parry Sound Health Centre</u></b> 705-746-4540 ext. 1339	<ul style="list-style-type: none"> <li>System Navigation</li> </ul>	Mild/1
	<ul style="list-style-type: none"> <li>Rapid Access Addiction Medicine (RAAM)</li> </ul>	Severe/3
<b><u>Waypoint</u></b> 1-877-341-4729 *Central Intake <a href="#">referral form</a> (to be completed by physician/nurse practitioner)	<ul style="list-style-type: none"> <li>Outpatient Assessment &amp; Treatment (OATS)</li> </ul>	Moderate/2
	<ul style="list-style-type: none"> <li>Outpatient Assessment &amp; Treatment (OATS) *Moderate &amp; Severe</li> </ul>	Severe/3



## Perinatal Mental Health Provider Care Pathway – Central Region

Out-of-Region Virtual Services (Free)		
Organization	Program/Details	Level
<b><u>The Perinatal Collective</u></b> Register at link above	<ul style="list-style-type: none"> <li>Free Perinatal Support Group</li> </ul>	Mild/1
<b><u>Perinatal Wellbeing Ontario</u></b> <a href="mailto:info@perinatalwellbeing.ca">info@perinatalwellbeing.ca</a>	<ul style="list-style-type: none"> <li>Free Perinatal Peer Support Group</li> </ul>	Mild/1
<b><u>Postpartum Support International</u></b> Non-emergency helpline: 1-800-944-4773  To access support, use online forms under each service at link above	<ul style="list-style-type: none"> <li>Support Groups</li> <li>Peer Support</li> <li>Specialized Support</li> <li>Expert Chats</li> </ul>	Mild/1
<b><u>Women's College Hospital</u></b> <a href="mailto:mothermatters@wchospital.ca">mothermatters@wchospital.ca</a>	<ul style="list-style-type: none"> <li>Mother Matters: 8-week Online Support Group</li> </ul>	Mild/1
<b><u>Life with a Baby</u></b> <a href="mailto:info@lifewithababy.com">info@lifewithababy.com</a>	<ul style="list-style-type: none"> <li>Free Support Groups</li> <li>Local Chapter Events</li> </ul>	Mild/1
<b><u>Sunnybrook</u></b> 1-888-303-7245 <a href="mailto:pailnetwork@sunnybrook.ca">pailnetwork@sunnybrook.ca</a>	<ul style="list-style-type: none"> <li>Pregnancy &amp; Infant Loss Peer Support</li> <li>Indigenous Traditional Healing &amp; Peer Supports</li> </ul>	Mild/1
<b><u>Mino Care</u></b> Access online <a href="#">Intake Form</a> to refer or self refer  <a href="mailto:info@minocare.ca">info@minocare.ca</a>	<ul style="list-style-type: none"> <li>Free culturally safe, anti-racist counselling for Black parents (one individual and one group session per month)</li> </ul>	Moderate/2
<b><u>FMHN – Fathers' Mental Health Network</u></b> Physicians referral forms on website  <a href="mailto:info@fathersmentalhealth.com">info@fathersmentalhealth.com</a>	<ul style="list-style-type: none"> <li>Psychiatric assessment and treatment for expectant fathers, fathers of child &lt;1 year old, perinatal loss (physician referral required)</li> </ul>	Severe/3

