



Women & Children's
Health Network

CENTRAL REGION

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
ASSESS 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
Assessment Tools (Depression & Anxiety ONLY)*				
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
Types of Supports	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
<u>Ontario Structured Psychotherapy - Central North</u> 1-877-341-4729 x 2883 osp@waypointcentre.ca Provider Referral Link	Independent and clinician-guided self-help	Mild/1
	- Cognitive Behavioural Therapy based counselling support - Perinatal Behavioural Activation Therapy	Moderate/2
<u>Simcoe-Muskoka District Health Unit</u> 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete the online referral form or complete screening & fax to 705 734 9265	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	Mild/1
<u>Métis Nation Ontario</u> 1-800-263-4889 Ext. 7 HBHC: contactus@metisnation.org Mental Health & Addictions: MHA@metisnation.org	Métis Healthy Babies Healthy Children	Mild/1
	- Health promotion for smoking, gambling & gaming/technology - Mental health & addictions assessments - Individual & family counselling	Moderate/2
<u>Catulpa Community Services</u> 705-733-3227 ext. 2236 capc@catulpa.on.ca	- Child & Family Programs (virtual or in-person) - Building Stronger Fathers (virtual) - Programs for families on a limited income (\$40k/yr gross): - Baby Steps: For parents of children 0–12 months (virtual) - MotherCare: Pregnancy group (virtual or in-person) - Next Step: Individuals and families who are parenting children 12-36 months (virtual or in-person) - CAPCHP - Programming for families with children 0-6 years (virtual or in-person)	Mild/1
<u>EarlyON Barrie & Bradford</u> Bradford Office: 705-726-9082 facilitator@empowersimcoe.ca	- List of EarlyON Centres and programming Bradford area - French Language Services available thru La Clé with ON y va	Mild/1
<u>EarlyON Collingwood & Alliston</u> Alliston Office: 705-435-4308 earlyon@e3.ca	- List of EarlyON Centres and programming in Collingwood area - French Language Services available thru La Clé with ON y va	Mild/1
<u>CMHA Simcoe</u> 705-726-5033 24/7 Crisis Line 1-888-893-8333	- Early Intervention Psychosis (ages 14 - 35) Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6	Moderate/2
	24/7 Crisis Line with in-person support coordinated if needed	Urgent/4



Perinatal Mental Health Provider Care Pathway – Central Region

Alliston		
Organization/Program	Details	Level
<u>CFS Counselling & Well-being</u> Book online: https://search.caredove.com/cfssc If needing support to book: 1-888-726-2503	Virtual counselling across Simcoe/Muskoka	Moderate/2
<u>Stevenson Memorial Hospital</u> Mental Health: 705-434-5140 MINT Program: www.themintprogram.ca 705-435-3377 Ext. 2318 mint@smhosp.on.ca	- Mental health services (individual counselling & psychotherapy groups) - 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). - Perinatal Behavioural Activation Therapy	Moderate/2
<u>9-8-8 Suicide Crisis Helpline</u>	Suicide Crisis Helpline Call or text 9-8-8 – 24 hrs a day, 365 days of year.	Urgent/4



Perinatal Mental Health Provider Care Pathway – Central Region

Barrie		
Organization/Program	Details	Level
Ask Masi Mon-Fri 1-613-800-0188 excluding Stats	Perinatal Mental Health phone service for guidance, support, resources. Clinical consultation available by a Perinatal Psychiatrist. Call returned within 1 business day.	Mild/1
Connected Care Collective Ph: 705-326-0011 info@connectedcarecollective.com (Self-referral or provider referral) Regional Mobile Pilot Simcoe/Muskoka/Parry Sound	- Mental Health Supports – Screening, Behavioural Activation Therapy - Postpartum transition support - Relational & Culturally Relevant Supports – Connecting individuals and families to culturally appropriate care providers and community resources	Mild/1
Ontario Structured Psychotherapy - Central North 1-877-341-4729 x 2883 osp@waypointcentre.ca Provider Referral Link	Independent and clinician-guided self-help	Mild/1
	- Cognitive Behavioural Therapy based counselling support - Perinatal Behavioural Activation Therapy	Moderate/2
Simcoe-Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete the online referral form or complete screening & fax to 705 734 9265	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	Mild/1
MINT Program: www.themintprogram.ca 705-435-3377 Ext. 2318 mint@smhosp.on.ca	- Perinatal Behavioural Activation Therapy - After Baby Group: for parents struggling with postpartum mood changes	Mild/1
Barrie Native Friendship Centre 705-721-7689	- Indigenous Healthy Babies Healthy Children - Indigenous Family Support	Mild/1
Métis Nation Ontario 1-800-263-4889 Ext. 7 HBHC: contactus@metisnation.org Mental Health & Addictions: MHA@metisnation.org	Métis Healthy Babies Healthy Children	Mild/1
	- Health promotion for smoking, gambling & gaming/technology - Mental health & addictions assessments - Individual & family counselling	Moderate/2
EarlyON Barrie & Bradford Barrie Office: 705-792-7878 facilitator@empowersimcoe.ca	- List of EarlyON Centres and programming Bradford area - French Language Services available thru La Clé with ON y va	Mild/1



Perinatal Mental Health Provider Care Pathway – Central Region

Barrie		
Organization/Program	Details	Level
Catulpa Community Services 705-733-3227 ext. 2236 capc@catulpa.on.ca	- Child & Family Programs (virtual or in-person) - Building Stronger Fathers (virtual) - Programs for families on a limited income (\$40k/yr gross): - Baby Steps: For parents of children 0–12 months (virtual) - MotherCare: Pregnancy group (virtual or in-person) - Next Step: Individuals and families who are parenting children 12-36 months (virtual or in-person) - CAPCHP - Programming for families with children 0-6 years (virtual or in-person)	Mild/1
Hospice Simcoe 705-725-1140	- Peer support groups - Psychoeducational supports	Mild/1
Barrie Area Native Advisory Circle 705-734-1818 admin@banac.on.ca	- Life skills - Parenting support - Cultural and traditional teaching	Mild/1
	Mamaway Wildokdaadwin - Red Road to Recovery: 10-week mental health & addictions program	Moderate/2
CFS Counselling & Well-being Book online: https://search.caredove.com/cfssc If needing support to book: 1-888-726-2503	Virtual and in-person counselling	Moderate/2
Orillia Soldiers' Memorial Hospital 705-325-2201 ext. 3122	- Perinatal Mental Health Clinician (Central Region North) - Perinatal Behavioural Activation Therapy	Moderate/2
	- Perinatal Mental Health Clinician (Central Region North) *Moderate & Severe	Severe/3
CMHA Simcoe 705-726-5033 24/7 Crisis Line 1-888-893-8333	- Early Intervention Psychosis (ages 14 - 35) Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6	Moderate/2
	24/7 crisis line with in-person support coordinated if needed	Urgent/4
9-8-8 Suicide Crisis Helpline	Suicide Crisis Helpline Call or text 9-8-8 – 24 hrs a day, 365 days of year.	Urgent/4
Royal Victoria Health Services Day Program: 705-728-9090 Ext. 47210 RAAM: 705-797-3095	- Adult Mental Health Day Program - Adult Mental Health Inpatient (multi-disciplinary team) - Adult Addiction Services - Rapid Access Addiction Medicine (RAAM)	Severe/3
	Adult Mental Health Crisis Services	Urgent/4



Perinatal Mental Health Provider Care Pathway – Central Region

Collingwood		
Organization/Program	Details	Level
Ask Masi Mon-Fri 1-613-800-0188 excluding Stats	Perinatal Mental Health phone service for guidance, support, resources. Clinical consultation available by a Perinatal Psychiatrist. Call returned within 1 business day.	Mild/1
Connected Care Collective Ph: 705-326-0011 info@connectedcarecollective.com (Self-referral or provider referral) Regional Mobile Pilot Simcoe/Muskoka/Parry Sound	- Mental Health Supports – Screening, Behavioural Activation Therapy - Postpartum transition support - Relational & Culturally Relevant Supports – Connecting individuals and families to culturally appropriate care providers and community resources	Mild/1
Ontario Structured Psychotherapy - Central North 1-877-341-4729 x 2883 osp@waypointcentre.ca Provider Referral Link	Independent and clinician-guided self-help	Mild/1
	- Cognitive Behavioural Therapy based counselling support - Perinatal Behavioural Activation Therapy	Moderate/2
Simcoe-Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete the online referral form or complete screening & fax to 705 734 9265	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	Mild/1
Métis Nation Ontario 1-800-263-4889 Ext. 7 HBHC: contactus@metisnation.org Mental Health & Addictions: MHA@metisnation.org	Métis Healthy Babies Healthy Children	Mild/1
	- Health promotion for smoking, gambling & gaming/technology - Mental health & addictions assessments - Individual & family counselling	Moderate/2
EarlyON Collingwood & Alliston Collingwood Office: 705-446-0816 earlyon@e3.ca	- List of EarlyON Centres and programming in Collingwood area - French Language Services available thru La Clé with ON y va	Mild/1
Catulpa Community Services 705-733-3227 ext. 2236 capc@catulpa.on.ca	- Child & Family Programs (virtual or in-person) - Building Stronger Fathers (virtual) - Programs for families on a limited income (\$40k/yr gross): - Baby Steps: For parents of children 0–12 months (virtual) - MotherCare: Pregnancy group (virtual or in-person) - Next Step: Individuals and families who are parenting children 12-36 months (virtual or in-person) - CAPCHP - Programming for families with children 0-6 years (virtual or in-person)	Mild/1



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Collingwood		
Organization/Program	Details	Level
Collingwood Well Baby Clinic 705-445-4243 info@collingwoodwellbabyclinic.com	- Supportive counselling - Group postpartum drop-in - Bereaved family support - Bereavement drop-in group	Mild/1
	- Perinatal Behavioural Activation Therapy - After Baby Group: for parents struggling with postpartum mood changes	Moderate/2
Collingwood General & Marine Hospital 705-444-6600	- Perinatal mental health consultation and treatment - Mental health outpatient - Mother Baby Wellness Group (co-facilitated with Collingwood Well Baby Clinic)	Moderate/2
	Psychiatry (physician referral needed)	Severe/3
Orillia Soldiers' Memorial Hospital 705-325-2201 ext. 3122	- Perinatal Mental Health Clinician (Central Region North) - Perinatal Behavioural Activation Therapy	Moderate/2
	- Perinatal Mental Health Clinician (Central Region North) *Moderate & Severe	Severe/3
CMHA Simcoe 705-726-5033 24/7 Crisis Line 1-888-893-8333	- Early Intervention Psychosis (ages 14 - 35) Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6	Moderate/2
	24/7 Crisis Line with in-person support coordinated if needed	Urgent/4
CFS Counselling & Well-being Book online: https://search.caredove.com/cfssc If needing support to book: 1-888-726-2503	Virtual counselling across Simcoe/Muskoka	Moderate/2
9-8-8 Suicide Crisis Helpline	Suicide Crisis Helpline Call or text 9-8-8 – 24 hrs a day, 365 days of year.	Urgent/4



Perinatal Mental Health Provider Care Pathway – Central Region

Midland		
Organization/Program	Details	Level
Ask Masi Mon-Fri 1-613-800-0188 excluding Stats	Perinatal Mental Health phone service for guidance, support, resources. Clinical consultation available by a Perinatal Psychiatrist. Call returned within 1 business day.	Mild/1
Connected Care Collective Ph: 705-326-0011 info@connectedcarecollective.com (Self-referral or provider referral) Regional Mobile Pilot Simcoe/Muskoka/Parry Sound	- Mental Health Supports – Screening, Behavioural Activation Therapy - Postpartum transition support - Relational & Culturally Relevant Supports – Connecting individuals and families to culturally appropriate care providers and community resources	Mild/1
Beausoleil First Nation 705-247-2033 cpw@chimnissing.ca	Indigenous Healthy Babies Healthy Children	Mild/1
Ontario Structured Psychotherapy - Central North 1-877-341-4729 x 2883 osp@waypointcentre.ca Provider Referral Link	Independent and clinician-guided self-help	Mild/1
	- Cognitive Behavioural Therapy based counselling support - Perinatal Behavioural Activation Therapy	Moderate/2
Simcoe-Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete the online referral form or complete screening & fax to 705 734 9265	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	Mild/1
Métis Nation Ontario 1-800-263-4889 Ext. 7 HBHC: contactus@metisnation.org Mental Health & Addictions: MHA@metisnation.org	Métis Healthy Babies Healthy Children	Mild/1
	- Health promotion for smoking, gambling & gaming/technology - Mental health & addictions assessments - Individual & family counselling	Moderate/2
EarlyON Simcoe North Midland Office: 705-526-2456 earlyonsn@earlyonsimcoenorth.ca	- List of EarlyON Centres and programming in Midland area - French Language Services available thru La Clé with ON y va	Mild/1
Catulpa Community Services 705-733-3227 ext. 2236 capc@catulpa.on.ca	- Child & Family Programs (virtual or in-person) - Building Stronger Fathers (virtual) - Programs for families on a limited income (\$40k/yr gross): - Baby Steps: For parents of children 0–12 months (virtual) - MotherCare: Pregnancy group (virtual or in-person) - Next Step: Individuals and families who are parenting children 12-36 months (virtual or in-person) - CAPCHP - Programming for families with children 0-6 years (virtual or in-person)	Mild/1



Perinatal Mental Health Provider Care Pathway – Central Region

Midland		
Organization/Program	Details	Level
<u>Georgian Bay Native Friendship Centre</u> 705-526-5589 gbnfc@gbnfc.com	Young Children & Family Program: for families with children age 0-6	Mild/1
	- Indigenous Healing & Wellness - Indigenous Alcohol & Drug Program - Indigenous Mental Health & Wellness Program	Moderate/2
<u>Orillia Soldiers' Memorial Hospital</u> 705-325-2201 ext. 3122	- Perinatal Behavioural Activation Therapy - Perinatal Mental Health Clinician (Central Region North)	Moderate/2
	- Perinatal Mental Health Clinician (Central Region North) *Moderate & Severe	Severe/3
<u>Chigamik Community Health Centre</u> 705-527-4154	- Indigenous Perinatal Mental Health Program - Perinatal Behavioural Activation Therapy - Traditional Healing - Mental Health Counselling - Single Session Counselling - Embrace the Shift: therapeutic group for postpartum anxiety and depression	Moderate/2
<u>CMHA Simcoe</u> Midland Office: 705-526-0393 24/7 Crisis Line 1-888-893-8333	- Early Intervention Psychosis (ages 14 - 35) Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6	Moderate/2
	24/7 Crisis Line with in-person support coordinated if needed	Urgent/4
<u>CFS Counselling & Well-being</u> Book online: https://search.caredove.com/cfssc If needing support to book: 1-888-726-2503	Virtual counselling across Simcoe/Muskoka	Moderate/2
<u>North Simcoe Family Health Team</u> 705-526-7804	- Telephone/virtual/in-person - Short term mental health counselling - Single session counselling	Moderate/2
<u>Royal Victoria Health Services</u> RAAM: 705-797-3095	Rapid Access Addiction Medicine (RAAM)	Severe/3
<u>9-8-8 Suicide Crisis Helpline</u>	Suicide Crisis Helpline Call or text 9-8-8 – 24 hrs a day, 365 days of year.	Urgent/4
<u>Waypoint</u> 1-877-341-4729 *Central Intake referral form (to be completed by physician/nurse practitioner)	Outpatient Assessment & Treatment (OATS)	Severe/3
	Inpatient Acute Assessment Program (multi-disciplinary team)	Urgent/4



Perinatal Mental Health Provider Care Pathway – Central Region

Orillia		
Organization/Program	Details	Level
Ask Masi Mon-Fri 1-613-800-0188 excluding Stats	Perinatal Mental Health phone service for guidance, support, resources. Clinical consultation available by a Perinatal Psychiatrist. Call returned within 1 business day.	Mild/1
Connected Care Collective Ph: 705-326-0011 info@connectedcarecollective.com (Self-referral or provider referral) Regional Mobile Pilot Simcoe/Muskoka/Parry Sound	- Mental Health Supports – Screening, Behavioural Activation Therapy - Postpartum transition support - Relational & Culturally Relevant Supports – Connecting individuals and families to culturally appropriate care providers and community resources	Mild/1
Ontario Structured Psychotherapy - Central North 1-877-341-4729 x 2883 osp@waypointcentre.ca Provider Referral Link	Independent and clinician-guided self-help	Mild/1
	- Cognitive Behavioural Therapy based counselling support - Perinatal Behavioural Activation Therapy	Moderate/2
Simcoe-Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete the online referral form or complete screening & fax to 705 734 9265	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	Mild/1
Métis Nation Ontario 1-800-263-4889 Ext. 7 HBHC: contactus@metisnation.org Mental Health & Addictions: MHA@metisnation.org	Métis Healthy Babies Healthy Children	Mild/1
	- Health promotion for smoking, gambling & gaming/technology - Mental health & addictions assessments - Individual & family counselling	Moderate/2
EarlyON Simcoe North Orillia Office: 705-325-1299 earlyonsn@earlyonsimcoenorth.ca	- List of EarlyON Centres and programming in Orillia area - French Language Services available thru La Clé with ON y va	Mild/1
Catulpa Community Services 705-733-3227 ext. 2236 capc@catulpa.on.ca	- Child & Family Programs (virtual or in-person) - Building Stronger Fathers (virtual) - Programs for families on a limited income (\$40k/yr gross): - Baby Steps: For parents of children 0–12 months (virtual) - MotherCare: Pregnancy group (virtual or in-person) - Next Step: Individuals and families who are parenting children 12-36 months (virtual or in-person) - CAPCHP - Programming for families with children 0-6 years (virtual or in-person)	Mild/1



Perinatal Mental Health Provider Care Pathway – Central Region

Orillia		
Organization/Program	Details	Level
Hospice Orillia Bereavement Services Coordinator: 705-325-0505 Ext. 209 louise@hospiceorillia.ca	Pregnancy & infant loss outreach	Mild/1
Orillia Native Women's Group 705-329-7755 admin@onwg.net	- Indigenous CAPCHP: programming for families with children 0-6 years - Indigenous Parenting Program	Mild/1
Rama First Nation 705-325-3611 (ask to be transferred to the Health Centre)	Indigenous Healthy Babies Healthy Children	Mild/1
Orillia Soldiers' Memorial Hospital 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	- Perinatal Mental Health Clinician (Central Region North) - Perinatal Behavioural Activation Therapy - After Baby Group: for parents struggling with postpartum mood changes	Moderate/2
	- Perinatal Mental Health Clinician (Central Region North) *Moderate & Severe - Day Hospital Program	Severe/3
	- In-Patient Program (multi-disciplinary team) - Acute Outpatient & Crisis (psychiatrist & counsellor assessment)	Urgent/4
Chigamik Community Health Centre 705-527-4154	- Indigenous Perinatal Mental Health Program - Traditional Healing - Mental Health Counselling - Single Session Counselling - Embrace the Shift: therapeutic group for postpartum anxiety and depression	Moderate/2
CMHA Simcoe 705-726-5033 24/7 Crisis Line 1-888-893-8333	- Early Intervention Psychosis (ages 14 - 35) Umbrella's Program: substance use counselling for women who are pregnant or who have children under the age of 6	Moderate/2
	24/7 Crisis Line with in-person support coordinated if needed	Urgent/4
CFS Counselling & Well-being Book online: https://search.caredove.com/cfssc If needing support to book: 1-888-726-2503	Virtual counselling across Simcoe/Muskoka	Moderate/2



Perinatal Mental Health Provider Care Pathway – Central Region

Orillia		
Organization/Program	Details	Level
<u>Enahtig Healing Lodge</u> Orillia Office Location Intake Coordinator (705) 330-4059 x 130 outreachintake@enahtig.ca	• Screening and comprehensive assessments • Counselling and psychotherapy	Moderate/2
<u>North Simcoe Family Health Team</u> 705-526-7804	• Telephone/virtual/in-person • Short term mental health counselling • Single session counselling • Well baby program for 0-4 years	Moderate/2
<u>Royal Victoria Health Services</u> RAAM: 705-797-3095	• Rapid Access Addiction Medicine (RAAM)	Severe/3
<u>9-8-8 Suicide Crisis Helpline</u>	• Suicide Crisis Helpline Call or text 9-8-8 – 24 hrs a day, 365 days of year.	Urgent/4



Perinatal Mental Health Provider Care Pathway – Central Region

Muskoka		
Organization/Program	Details	Level
Ask Masi Mon-Fri 1-613-800-0188 excluding Stats	Perinatal Mental Health phone service for guidance, support, resources. Clinical consultation available by a Perinatal Psychiatrist. Call returned within 1 business day.	Mild/1
Connected Care Collective Ph: 705-326-0011 info@connectedcarecollective.com (Self-referral or provider referral) Regional Mobile Pilot Simcoe/Muskoka/Parry Sound	- Mental Health Supports – Screening, Behavioural Activation Therapy - Postpartum transition support - Relational & Culturally Relevant Supports – Connecting individuals and families to culturally appropriate care providers and community resources	Mild/1
Ontario Structured Psychotherapy - Central North 1-877-341-4729 x 2883 osp@waypointcentre.ca Provider Referral Link	Independent and clinician-guided self-help	Mild/1
	- Cognitive Behavioural Therapy based counselling support - Perinatal Behavioural Activation Therapy	Moderate/2
Simcoe-Muskoka District Health Unit 705-721-7520 or 1-877-721-7520 ext. 6850 To refer for HBHC, complete the online referral form or complete screening & fax to 705 734 9265	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	Mild/1
Métis Nation Ontario 1-800-263-4889 Ext. 7 HBHC: contactus@metisnation.org Mental Health & Addictions: MHA@metisnation.org	Métis Healthy Babies Healthy Children	Mild/1
	- Health promotion for smoking, gambling & gaming/technology - Mental health & addictions assessments - Individual & family counselling	Moderate/2
EarlyON Muskoka 705-645-2100	- List of EarlyON Centres and programming in Muskoka - French Language Services available thru La Clé with ON y va	Mild/1
HANDS the Family Help Network South River: 705-384-5225 ext. 2211 greatbeginnings@handstfhn.ca	- Great Beginnings (programming for pregnant people and parents of children under 3) - Caring for Caregivers program	Mild/1
Muskoka Family Focus 705-645-3027 samantha@muskokafamilyfocus.ca	- Bounce Back & Thrive: for parents with children under 8 - Making the Connection: for parents with children under 1	Mild/1
CFS Counselling & Well-being Book online: https://search.caredove.com/cfssc If needing support to book: 1-888-726-2503	Virtual counselling across Simcoe/Muskoka	Moderate/2



Perinatal Mental Health Provider Care Pathway – Central Region

Muskoka		
Organization/Program	Details	Level
<u>Orillia Soldiers' Memorial Hospital</u> 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	• Perinatal Behavioural Activation Therapy • Perinatal Mental Health Clinician (Central Region North)	Moderate/2
	• Perinatal Mental Health Clinician (Central Region North) • *Moderate & Severe • Day Hospital Program	Severe/3
	• In-Patient Program (multi-disciplinary team) • Acute Outpatient & Crisis (psychiatrist & counsellor assessment)	Urgent/4
<u>Chigamik Community Health Centre</u> 705-527-4154	• Indigenous Perinatal Mental Health Program • Traditional Healing • Mental Health Counselling • Single Session Counselling • Embrace the Shift: therapeutic group for postpartum anxiety and depression	Moderate/2
<u>CMHA Muskoka - Parry Sound</u> 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 kfreeburn@cmhamps.ca Crisis Line: 1-800-461-5424	• Perinatal Behavioural Activation Therapy • After Baby Group: for parents struggling with postpartum mood changes • Indigenous Mental Health Program • Counselling • Early Intervention Psychosis (ages 14 - 35)	Moderate/2
	• 24/7 Crisis Line	Urgent/4
<u>Muskoka Algonquin Healthcare</u> Bracebridge: 705-645-4404 Huntsville: 705-789-2311	• Social Work Services	Moderate/2
<u>Waypoint</u> 1-877-341-4729 *Central Intake referral form (to be completed by physician/nurse practitioner) <i>*Bracebridge & Gravenhurst Only</i>	• Outpatient Assessment & Treatment (OATS) *Bracebridge & Gravenhurst Only	Moderate/2
	• Outpatient Assessment & Treatment (OATS) *Bracebridge & Gravenhurst Only *Moderate & Severe	Severe/3
<u>9-8-8 Suicide Crisis Helpline</u>	• Suicide Crisis Helpline Call or text 9-8-8 – 24 hrs a day, 365 days of year.	Urgent/4



Perinatal Mental Health Provider Care Pathway – Central Region

Parry Sound District		
Organization/Program	Details	Level
Ask Masi Mon-Fri 1-613-800-0188 excluding Stats	Perinatal Mental Health phone service for guidance, support, resources. Clinical consultation available by a Perinatal Psychiatrist. Call returned within 1 business day.	Mild/1
Connected Care Collective Ph: 705-326-0011 info@connectedcarecollective.com (Self-referral or provider referral) Regional Mobile Pilot Simcoe/Muskoka/Parry Sound	- Mental Health Supports – Screening, Behavioural Activation Therapy - Postpartum transition support - Relational & Culturally Relevant Supports – Connecting individuals and families to culturally appropriate care providers and community resources	Mild/1
Ontario Structured Psychotherapy - Central North 1-877-341-4729 x 2883 osp@waypointcentre.ca Provider Referral Link	Independent and clinician-guided self-help	Mild/1
HANDS 1-800-668-8555 ext. 3212 greatbeginnings@handstfhn.ca	- Cognitive Behavioural Therapy based counselling support - Perinatal Behavioural Activation Therapy	Moderate/2
North Bay Parry Sound District Health Unit 705-474-1400 ext. 5351	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	Mild/1
Métis Nation Ontario 1-800-263-4889 Ext. 7 HBHC: contactus@metisnation.org Mental Health & Addictions: MHA@metisnation.org	- Métis Healthy Babies Healthy Children - Health promotion for smoking, gambling & gaming/technology - Mental health & addictions assessments - Individual & family counselling	Mild/1 Moderate/2
District of Parry Sound Social Services Administration Board Parry Sound EarlyON 705-746-9522 ext. 4350 lwhetham@psdssab.org	- List of EarlyON groups in Parry Sound area - Virtual and in-person programming - Mom-to-Mom Group: for parents of children under 18 months - Parenting workshops	Mild/1
HANDS The Family Help Network Parry Sound: 705-746-4293 greatbeginnings@handstfhn.ca	- Great Beginnings: programming for pregnant people and parents of children under 3 - Caring for Caregivers program	Mild/1



Perinatal Mental Health Provider Care Pathway – Central Region

Parry Sound District		
Organization/Program	Details	Level
<u>Parry Sound Friendship Centre</u> 705-746-5970 ext. 111 cpc@psfc.ca	• Indigenous Healthy Babies Healthy Children Program • CAPC program • Health Outreach Program • Healing and Wellness Program	Mild/1
<u>Almaguin Highlands Family Health Team</u> 705-382-4020 info@almaguin-health.org	• Perinatal Behavioural Activation Therapy (for AFHT patients)	Moderate/2
<u>Wasauksing First Nation</u> Health Department 705-746-8022	• Traditional Wellness • National Native Alcohol and Drug Abuse Program (NNADAP) • Social Work Services • Counselling: Assessment/planning, Interpersonal Psychotherapy, Cognitive Behavioural Therapy, Narrative, Brief Solution Focused	Moderate/2
<u>West Parry Sound Health Centre</u> 705-746-4540 ext. 1339	• System Navigation •	Mild/1
	• Rapid Access Addiction Medicine (RAAM)	Severe/3
<u>CMHA Muskoka - Parry Sound</u> Parry Sound – 705-746-4264 Sundridge – 705-384-5392 Crisis Line: 1-800-461-5424	• Perinatal Behavioural Activation Therapy • Daytime Crisis Line • Indigenous Mental Health Program • Counselling • Early Intervention Psychosis (ages 14 - 35)	Moderate/2
	• 24/7 Crisis Line	Severe/4
<u>Waypoint</u> 1-877-341-4729 *Central Intake <u>referral form</u> (to be completed by physician/nurse practitioner)	• Outpatient Assessment & Treatment (OATS)	Moderate/2
	• Outpatient Assessment & Treatment (OATS) *Moderate & Severe	Severe/3
<u>9-8-8 Suicide Crisis Helpline</u>	• Suicide Crisis Helpline Call or text 9-8-8 – 24 hrs a day, 365 days of year.	Urgent/4



Perinatal Mental Health Provider Care Pathway – Central Region

Out-of-Region Virtual Services (Free)		
Organization	Program/Details	Level
<u>The Perinatal Collective</u> Register at link above	Free Perinatal Support Group	Mild/1
<u>Perinatal Wellbeing Ontario</u> info@perinatalwellbeing.ca	Free Perinatal Peer Support Group	Mild/1
<u>Postpartum Support International</u> Non-emergency helpline: 1-800-944-4773 To access support, use online forms under each service at link above	- Support Groups - Peer Support - Specialized Support - Expert Chats	Mild/1
<u>Women's College Hospital</u> Postpartum Matters. Access online Intake Form to self refer	Postpartum Matters: 8 week Online Support Group for parents with mood/adjustment challenges following birth of baby.	Mild/1
<u>Women's College, Sunnybrook Health Sciences Centre, Sinai Health System, St. Joseph's Healthcare & the Ottawa Hospital</u> For more information movin@wchospital.ca Access online Screening Form	- Pregnancy & Postpartum Mental Health Optimization Virtual Intervention Network (MOVIN) - Online program created to support pregnant & postpartum individuals with depression or anxiety. - Open to birth and adoptive parents in all their diversity, including cis-women, non-binary and transgender individuals.	Mild/1
<u>Life with a Baby</u> info@lifewithababy.com	- Free Support Groups - Local Chapter Events	Mild/1
<u>Sunnybrook</u> 1-888-303-7245 pailnetwork@sunnybrook.ca	- Pregnancy & Infant Loss Peer Support - Indigenous Traditional Healing & Peer Supports	Mild/1
<u>Mino Care</u> Access online Intake Form to refer or self refer info@minocare.ca	Free culturally safe, anti-racist counselling for Black parents (one individual and one group session per month)	Moderate/2
<u>Reproductive Life Stages Program</u> Women's College Hospital 76 Grenville St – Floor 7 Toronto Ph: 416-323-6230	in-person and virtual assessment and short-term treatment for individuals experiencing new or recurrent mental health problems during the reproductive life stages (menstrual cycle, pregnancy, postpartum and the menopausal transition).	Moderate/2



Perinatal Mental Health Provider Care Pathway – Central Region

Out-of-Region Virtual Services (Free)

Organization	Program/Details	Level
<u>FMHN – Fathers' Mental Health Network</u> Physicians' referral forms on website info@fathersmentalhealth.com	Psychiatric assessment and treatment for expectant fathers, fathers of child <1 year old, perinatal loss (physician referral required)	Severe/3
<u>9-8-8 Suicide Crisis Helpline</u>	Suicide Crisis Helpline Call or text 9-8-8 – 24 hrs a day, 365 days of year.	Urgent/4

