

In these uncertain times, we're here to help.

UPDATE ON CFSSC SERVICES - Starting April 6, 2020

We're moving to telephone and online service delivery to keep everyone safe and healthy.

Inclusive. Confidential. Affordable.

As always, our highly qualified counsellors are available to our Simcoe Muskoka neighbours and colleagues.

Whatever your concern, our team is experienced in providing professional support. Telephone counselling is now available.

Need immediate help?

Mental Health Crisis Line

705-728-5044 / 1-888-893-8333

Telecare

705-726-7922

Kids Help Phone

1-800-668-6868, or

Text CONNECT to 686868

How does it work?

Call-in Counselling Clinic (temporarily replacing our Walk-in Counselling Clinics)

1-888-726-2503

Just leave a message and your intake team will call back to set up your FREE counselling session. The clinic line will be monitored 9am-5pm, Monday-Friday (holidays excepted).

Active Counselling Clients

Your sessions will continue with your clinician. Please call their direct line. Not sure of their number? Please call 1-888-726-2503 for more information.

Partner Assault Response (PAR) Program

1-888-726-2503, extension 123

Your PAR team has been working hard to transition its support services to a new delivery model with social distancing safeguards. Please call to learn more.

Groups & Workshops

We'll meet you online! Please visit <https://cfssc.ca/services/group-counselling/> for upcoming programming.

Thank you for your patience and cooperation as we all move through this public health emergency.

You ready? We are, too.