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| John Howard Society of Simcoe and MuskokaThe John Howard Society of Simcoe & Muskoka has been providing services to members of the community since 1998.The John Howard Society of Simcoe & Muskoka provides a broad range of evidence-based and outcome-driven community services in Simcoe & Muskoka, with offices in Barrie and Orillia. Our organization has a strong history of helping individuals and families who are at risk of, or who have come into conflict with the law. Our work includes the provision of prevention and intervention services as well as advocacy, public education and community partnerships. Our diverse client group includes youth and adults, all genders, from a wide cross section of social, cultural and ethnical backgrounds represented in our community. |

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| For More Information:Please Call or Email**Tanya Devlin, HBSW, RSW:** 705.828.5670email: tdevlin@jhssm.ca**Jocelyn Faragher, BAS, AC:** 705.828.5487 email: jfaragher@jhssm.caLocation**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 2pmhttp://www.johnhoward.on.ca/muskoka**Please note that walk-in clients will be taken one hour before closing** |
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|  | Youth Mental HEALTH WALK-In Program |

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| Youth Mental HEALTH WALK-In Program |
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| What is the All About Youth Mental Health Walk-In Program? The All About Youth Mental Health Walk-In Program provides FREE mental health counselling service to youth who are experiencing mental health challenges. Our program offers help to individuals ages 12-24 with a variety of issues that they may be facing. This strength-based service uses a brief solution focused approach, assisting youth to identify stressors, understand their emotions and establish positive coping strategies that may be implemented into their daily lives.Our counsellors have specialized experience working with a diverse population of youth, including Indigenous and LGBTQ.  | Who is eligible to participate?* All youth between the ages of 12-24 years old
* You DO NOT have to be involved with the criminal justice system to access this service

How do I begin? * You DO NOT need a referral or health card to receive the service
* No appointment required- based on first come, first serve
* Please note that you may be required to wait for an available counsellor

FREE Mental Health Counselling Service for Youth Ages 12-24Made possible with funding from the Ontario Trillium Foundation | **Youth Mental Health Challenges may include:*** Abuse
* Addictions
* Anger Management
* Anxiety
* Bullying
* Depression
* Eating Disorders
* Gender Identity
* Grief
* Homelessness
* Stress
* Poor Self-Esteem
* Relationship Issues
* Sexual Orientation
* Trauma
* And any other issues or situations that may be affecting youth mental health

**Services include:*** Up to an hour of personalized one-to-one counselling session in an inclusive and barrier-free environment
* Assistance with community resources and/or referrals
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