

Online services

- [Kids Help Phone](#)
Text CONNECT to 686868
- [Bounce Back Ontario \(15 +\)](#)
- [211](#) (Community Services and Social Services Help Line)
- [LGBT Youthline](#)
Text: 647-694-4275
- [Canada Suicide Prevention Service](#)
1-833-456-4566 or text 45645
- [ConnexOntario](#)
Text: CONNEX to 247247
- [Wellness Together](#)

Who can help?

Muskoka



Feeling sad, lonely, angry, distressed, hurt?

- [Simcoe Muskoka Family Connexions](#)
- [Mind Aid](#)
- [Muskoka Parry Sound Community Mental Health](#)
- [Health Centres and Program for Indigenous Peoples - North Simcoe Muskoka](#)
- [Wahta Mohawk First Nation Health Services Department](#)
- [B'saanibamaadsiwn \(Aboriginal Mental Health Program\)](#)

Facing grief, loss?

- [Hospice Muskoka](#)

Need shelter?

- [Muskoka Interval House, Bracebridge](#)

Looking for sexual health information?

- Public Health Clinic - [Simcoe Muskoka District Health Unit](#)

Struggling with substance use?

- [Canadian Mental Health Association Addiction Outreach](#)