



There is always someone to talk to, no matter the distance

School-Based Mental Health Services:

If your feelings are overwhelming, persistent, and impacting school and relationships, it's important to seek support. Please speak to any Twin Lakes staff who can help refer you to School-based Social Work services. It's free, voluntary and confidential.

School Social Worker • Adolescent Outreach Worker • Mental Health & Addictions Nurse • Indigenous Social Worker • Youth Addictions Counselor

Over the Summer months, any SCDSB students can also make a self-referral by emailing:
studentwellness@scdsb.on.ca

Community Resources:

There are other community services available for students who would like to access confidential support outside of the school setting. Remember your family doctor can provide care and support for mental health concerns as well as physical concerns. They may be able to make referrals that can only be accessed through a physician.

Crisis Line: 24 hour availability to talk to a trained counselor when experiencing a mental health crisis: Call 705-728-5044 or 1-888-893-8333

KidsHelpPhone: 24 hour support up to the age of 24 years old. 1-800-668-6868 or Text "CONNECT" to 686868

New Path 'Walk-In' Clinics: Supportive counseling available for youth and families up to the age of 18. 705-725-7656 or 1-866-566-7656 and a counsellor will contact you to book an appointment.

Youth Addiction Services, CMHA: Supportive services for youth who may be experiencing substance misuse concerns. Call or text Maria Good at 705-321-6934

Youth Wellness Hub: Support navigating mental health resources including: counseling, housing, food, and more. Call 705-427-5639 or [Click Here](#) to request support

Enahtig Outreach Mental Health Team: Holistic healing and learning based on the principals of Aboriginal culture for individuals and families. Call 705-330-4059 or visit www.enahtig.ca

Season's Centre for Grieving Children: If you have experienced the death of a loved one and are seeking support. Call 705-721-5437

See you in September!