

## **If You Need Mental Health and Addiction Services in the Parry Sound Area: Help is just a phone call or a click away!**

**Health Care Column by Dr. Jason Sutherland, Primary Care Lead, North East Local Health Integration Network (North East LHIN)**

There are several services available in the Parry Sound area for people living with mental health or addiction issues.

A good place to start can be with your family doctor or nurse practitioner. There are also four ways you can get timely access to help:

1. **Feeling low, depressed or anxious and want to learn new skills to manage?** The North East LHIN is supporting two new, free self-help psychotherapy services: **BounceBack**, a telephone-coaching program with workbooks and videos, and **Big White Wall**, an online peer support and self-management tool. Both programs, funded by the Government of Ontario for its residents, are designed to help adults and youth with depression and anxiety. These two services provide skill-building and cognitive behaviour therapy. For more information on BounceBack go to <https://bouncebackontario.ca/> or call 1-866-345-0224. For more information on Big White Wall, go to <https://www.bigwhitewall.ca/>
2. **Interested in exploring what mental health or addiction services in Parry Sound might fit your needs?** Help is a couple clicks away. A section of the **NortheastHealthline** is devoted to mental health and addiction services. Go to <https://connect.northeasthealthline.ca> for referral forms and to find out more about services in the Parry Sound area and how to access them.
3. **Are you dealing with grief, anger, depression, stress?** The Canadian Mental Health Association offers an after-hours mental health walk-in clinic in Parry Sound to bring support to those in need. The clinic, located at 26 James Street, is open every Wednesday from 4 p.m. to 8 p.m. For more information, call 705-746-4264. To learn more about the mental health programs and services available in the Parry Sound area, go to <https://mps.cmha.ca/>
4. **Feeling isolated and want someone to talk with, or would you like to connect with peers for support?** The **North East Regional WARM Line** offers peer support, self-help groups, social, educational and recreational activities to individuals living with mental health and addiction issues. Peer counsellors are ready to take your call between 6 p.m. and midnight at 1-866-856-9276.

If you need help or support in any way, please reach out to any of the mental health and addiction services available in the Parry Sound area.