

Phone: 905-372-0007
Toll Free: 1-877-688-0007
Fax: 905-372-0070

Website: www.rcys.ca

Hours: Mon-Thurs 9 am-5 pm
* Fri 9 am-4:30 pm

Supports for young people (ages 4-23) and their families with preventative, early intervention and bridging support services that include group programs, one to one service, as well as links and referrals to other community services. Programs include:

Youth Mental Health Supportive Services - Can be accessed by children and youth aged 8-18 years across Northumberland County who are facing challenges at home, school or in the community with issues such as anxiety, depression, low self-esteem, stress, self-regulation, exploring gender identity, interpersonal communication

***Kinark Child and Family Services–
Northumberland County***

20 Strathy Rd Unit 3, Cobourg, ON

Phone: 905-372-4361
Toll Free: 1-800-230-8531
Fax: 905-373-1382

Website: www.kinark.on.ca

***Northumberland Hills Hospital (NHH)
Community Mental Health***

16 years +

1000 Depalma Dr., Cobourg

Phone: 905-372-6811
Fax: 905-372-4243

Website: <https://nhh.ca/>

A non-profit, children's mental health centre providing a full range of free and confidential services as well as support to their families and caregivers.

NHH's Community Mental Health Services assist individuals who are experiencing mild to severe mental health concerns. Programming is geared to those 16 years and older. Individuals younger than 16 are eligible for selected services in some circumstances.

The program provides treatment and support for individuals experiencing: depression and bipolar disorder, anxiety, phobias, panic disorders and traumatic stress; schizophrenia and other psychotic disorders; personality disorders; and mental health crisis. Counselling services are available for those coping with mild to moderate mental health issues. Self-referrals are accepted, as are referrals from family physicians, the Hospital and community agencies.

***Canadian Mental Health Association
Four Counties Crisis***

Phone: 705-745-5519 or
705-748-6711 ext. 3009

Website: <https://cmhahkpr.ca/>

A voluntary community crisis response service. Staff will assist callers age 16 and up in dealing with their immediate crisis no matter what it is. Available to people who live in Peterborough City & County, City of Kawartha Lakes, Haliburton, or Northumberland. Offers initial support through local and toll free phone lines.

Services include: Telephone and/or mobile crisis intervention, short-term case management, short-term crisis/safe beds, helpful information, emotional support, referrals to other appropriate resources.

Staff also specialize in serving people who have an intellectual disability or concurrent disorder. Staff have access to a Behavioural Consultant and Addiction Counselor.

