



## ABOUT US

The Parents for Children's Mental Health Owen Sound - Grey - Bruce Chapter was established in 2015 after recognizing a need for more supports for families and caregivers raising children with mental health concerns in Grey and Bruce Counties. We offer peer support, educational opportunities, advocacy and assistance navigating the mental health system. We are run by volunteers with lived-experience, and are one of many chapters of Parents for Children's Mental Health across Ontario. For more information on PCMH provincial, please visit: [www.pcmh.ca](http://www.pcmh.ca)

**WE LINK** families to important networks within their communities to ensure they get the care they need and the support of families who can relate and support them.

**WE UNDERSTAND** the issues around child and youth mental health challenges and the stigma that prevents the work and conversations that need to happen.

**WE HELP** communities and families access important resources so they can begin their journey of healing

## OUR PILLARS

### **Support. Educate. Empower.**

**SUPPORT** for families facing the challenges of child and youth mental health disorders/illness. We provide timely, accurate, concrete and appropriate information. We provide compassionate guidance. We offer peer to peer support.

**EDUCATION** by promoting public understanding of children and youth mental health disorders/illness and respect for families who are facing the unique challenges of raising and caring for children and youth with mental health disorders/illnesses.

**EMPOWER** by building strong support groups, networks, and partnerships to inform, educate, and mobilize families to raise their voice in public and with government, to advocate for child and youth mental health services that are family-centred and seamlessly delivered.

## RESOURCES FOR FAMILIES IN GREY/BRUCE

### Phone Support

- Mental Health Crisis Line of Grey-Bruce 1-877-470-5200
- Kids Help Phone 1-800-668-6868 [www.kidshelpline.ca](http://www.kidshelpline.ca)
- Sexual Assault Crisis and Support Line 1-866-578-5566

### Online Resources

- WES for Youth Online [www.wesforyouthonline.ca](http://www.wesforyouthonline.ca)
- We CARE Project [www.wecaregreybruce.ca](http://www.wecaregreybruce.ca)

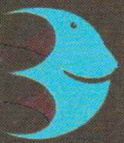
### Mental Health, Addictions & Family Services in Grey and Bruce Counties

- Keystone Child, Youth and Family Services 519-371-4773 1-800-567-2384  
[www.keystonebrucegrey.org](http://www.keystonebrucegrey.org)
- Bruce Grey Child and Family Services 519-371-4453  
[www.bgcfc.ca](http://www.bgcfc.ca)
- Grey Bruce Public Health Unit 1-800-263-3456  
[www.publhealthgreybruce.on.ca](http://www.publhealthgreybruce.on.ca)
- Canadian Mental Health Association Grey/Bruce 519-371-3642  
[www.cmhagb.org](http://www.cmhagb.org)
- Anishnabek Child and Youth Prevention Services 519-797-5000
- M'Wikedong Native Cultural Resource Centre 519-371-1147  
[www.mwikedong.com](http://www.mwikedong.com)
- Victim Services Grey Bruce Perth 1-866-376-9852  
[www.victim-services.com](http://www.victim-services.com)
- Women's House Serving Grey & Bruce 1-800-265-3026  
[www.whtsbgon.ca](http://www.whtsbgon.ca)
- Southwest Ontario Aboriginal Health Access Centre (SOAHAC)  
[www.soahac.on.ca](http://www.soahac.on.ca) 519-376-5508
- HopeGreyBruce Mental Health and Addictions Services 1-800-265-3131  
[www.hopegb.org](http://www.hopegb.org)
- YMCA of Owen Sound Grey Bruce [www.ymcaowensound.on.ca](http://www.ymcaowensound.on.ca)

Additional Resources to access for support: Family Health Teams, Hospitals, Schools and School Boards, Private Practitioners and Counselling Services

For a complete list of community based health and social services, call 211 or visit: [www.211.ca](http://www.211.ca)

[www.pcmh.ca](http://www.pcmh.ca) - [owensound@pcmh.ca](mailto:owensound@pcmh.ca) - 519-375-7482



PCMH Owen Sound - Grey - Bruce Chapter

