

## Northumberland

### **Rebound Child and Youth Services Northumberland**

700 D'Arcy Street, Cobourg

**Phone:** 905-372-0007

**Toll Free:** 1-877-688-0007

**Fax:** 905-372-0070

**Website:** [www.rcys.ca](http://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](http://www.kinark.on.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.

### **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/>

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.

## Northumberland

### **Peterborough Regional Health Centre**

1 Hospital Drive, Peterborough

**Phone:** 705-743-2121 ext. 3702

**Fax:** 705-876-5053

**Website:** [www.prhc.on.ca](http://www.prhc.on.ca)

Crisis consultation available in the Emergency Department 24/7.

**Family and Youth Clinic:** An outpatient program that offers treatment to children and adolescents 0-18 years of age who have significant mental health difficulties, and their families.

For families who live in Peterborough County with children under the age of 19. Also for families from Haliburton, City of Kawartha Lakes, and Northumberland County whose children require specialized services that are not available in their communities.

### **Fourcast**

130 Hunter St. W. #200, Peterborough

**Phone:** 705-876-1292

**Toll Free:** 1-800-461-1909

**Website:** [www.fourcast.ca](http://www.fourcast.ca)

Offers help for people who struggle with alcohol, drug or gambling abuse and related issues. Assists with choosing a treatment path, individual and group counselling, and works in collaboration with community service partners in Peterborough, Northumberland County and City of Kawartha Lakes-Haliburton to support people who are homeless or may become homeless.