

children's mental health



north simcoe
family health team

helping you be the healthiest you

children's mental health

program overview

The NSFHT children's mental health program is committed to providing comprehensive and holistic care for children, adolescents, and their families. The emphasis is on education, prevention, and early intervention of mental health issues.

Approximately 20% (1 in 5) of youth have a diagnosable mental health disorder.

services available

- A Registered Social Worker will provide individual and family assessments from a Social Work perspective.
- Brief individual and family therapy is available as well as the facilitation of referrals to community partners.
- The NSFHT collaborates with the Hospital for Sick Children, Waypoint and Sunnybrook hospitals to offer psychiatric assessments to children and their families.
- Adolescent Skill building groups are offered as numbers permit.

interested in this program?

call our team to register
705.526.7804

or visit - www.nsfht.ca



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