

MENTAL HEALTH

Health Sciences North	Assertive Community Treatment Team *16 years of age and older	<p>Provides intensive treatment, rehabilitation and support services for individuals with serious mental illness and complex needs who find it difficult to engage in other mental health services.</p> <p>The goal is to support these individuals in their recovery and their desire to live in the community. ACT teams also help individuals achieve their recovery goals with individual and group services that focus on improving and managing their symptoms, life skills, and promoting improved housing, employment, recreational and social opportunities. Our ACT Teams can provide you with psychiatric treatment, administer and monitor medications, help you access community services, and assist you in your activities of daily living. Care and support is provided directly to your home on a daily basis to those who are suffering from schizophrenia, schizoaffective disorder or bipolar illness, and who have had multiple hospitalizations and complex needs due to long-term and persistent symptoms.</p>
	Acute Inpatient Psychiatry *18 years of age and older	<p>The Acute Inpatient Psychiatry (AIP) unit provides short term, hospital based care to adults 18 years of age and over. Psychiatric assessment, stabilization and treatment are provided. Admission to these facilities is on the recommendation of a psychiatrist.</p> <p>Mental health treatment is tailored to suit each patient's individual needs. Our team will work with you through individual and group therapies and medication support to help in your recovery such as understanding your illness, learning new coping skills, and connecting you with community resources for support after you leave the hospital.</p>
	Child & Adolescent Mental Health Program *17 years of age and younger	<p>Short term crisis and stabilization care for individuals who are struggling with mental health issues. Admission to this program is on the recommendation of a psychiatrist. We are a 9 bed unit – 2 shared rooms, 5 private rooms and 2 shared washrooms. Our multidisciplinary team consists of child and adolescent psychiatrists, nurses, child and youth counsellors and a social worker. We are focused on providing you with a compassionate, inclusive and supportive environment. The individualized care we provide uses a family-based approach to provide evidence-supported treatment aimed at crisis stabilization and rapid return to the community for treatment. Treatments may include:</p> <ul style="list-style-type: none"> • Academic learning on the unit • Transitional planning for back to school

- Individual and group based programming
- Psychiatric assessment and medication review
- Referrals to community partners for treatment services following discharge

Mood & Anxiety Program *16 years of age and older	Provides group based therapy services for individuals experiencing depression, bi-polar disorder, social anxiety, anxiety disorders and post-traumatic stress disorder. The program also provides therapy for individuals with borderline personality disorders. The MAP team uses evidence-based approaches to psychotherapy including but not limited to Cognitive Behavioural Therapy (CBT), Mindfulness based approaches and Dialectical Behavioural Therapy (DBT).
Early Psychosis Intervention Program *ages 15-35 years of age	<p>This program serves adolescents and young adults experiencing their first episode of psychosis, to better understand and manage the diverse symptoms of this medical condition. Family participation is encouraged. Early intervention can be the key to recovery.</p> <ul style="list-style-type: none"> • We are a team of mental health professionals who focus on helping you work towards your personal goals and get your life back on track. • Our goal is to provide you and your family with the skills and information you need to get back on your feet. • You will learn strategies that will help you to set goals and work towards them. You will learn coping strategies that will help you manage your symptoms. • We use assessment tools to make sure you get the care you need when you need it.

Ontario Structured Psychotherapy Program *18 years of age and older	<p>Accessible and convenient treatment for people with depression, anxiety, and anxiety-related conditions. The OSP Program provides access to free, short-term, cognitive-behavioural therapy (CBT) and related services. CBT is a form of talk therapy that teaches coping skills and techniques to help you change the way you feel, think and act. Support will range from self-led tools (with support from a coach) to weekly, one-on-one or group therapy sessions. Treatment is matched to the level of care that best meets your needs, in person or virtually.</p> <ul style="list-style-type: none"> • Guided self-help resources: The BounceBack program includes self-help workbooks based in CBT, and up to six coaching sessions provided by phone. • Psychotherapy: Individual and/or group CBT sessions are delivered in person or online through video conference. <p>CBT helps you look at how your thoughts, emotions and actions are related. You learn practical skills to reduce your symptoms, enhance your strengths, and improve your quality of life.</p> <p>CBT teaches practical lifelong skills such as how to:</p> <ul style="list-style-type: none"> • Be more aware of the impact your thoughts, attitudes, and beliefs have on your emotional and behavioural reactions • Identify and change thinking patterns that may be negative, inaccurate and contribute to your depression or anxiety • Change unhelpful behaviours such as avoidance, and • Use problem solving skills to manage challenging situations.
Perinatal Mental Health Program *16 years of age or older	<p>We understand that caring for your baby, your family and for yourself can be difficult, especially when symptoms such as depression and anxiety get in the way. The care we provide will help you recognize how these symptoms can sometimes change the way you think and feel about yourself and others, including your baby, and will help you to explore ways of managing the challenges you face. The program supports those who are 28-weeks pregnant or have a child who is less than 1 year and living with the mother.</p>
Psychiatric Outpatient Clinic	<p>Referrals must be initiated by a health care provider and forwarded directly to the Psychiatric Outpatient Clinic. Our psychiatrists will work with you to provide the care that you need. Our team provides a wide range of services across the age spectrum in many areas including mood disorders, developmental disabilities, perinatal and postpartum disorders, concurrent disorders (addictions), eating disorders as well as early intervention for psychosis.</p>

Positive Steps	The Positive Steps program supports those who have been diagnosed with a serious mental illness such as schizophrenia, schizoaffective or bipolar disorder. Our team helps individuals to live, learn and work independently at home and in the community.
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Sudbury Mental Health & Addictions Centre	Community Treatment Order	<p>Community Treatment Order Services provide intensive support to those who have a mental illness and have been issued a Community Treatment Order to make sure they adhere to their treatment plan. The goal of this program is to make sure that people with serious mental illness get the care and treatment they need.</p> <ul style="list-style-type: none"> • A CTO is an order issued by a physician and agreed to by the individual (and/or their Substitute Decision Maker) which allows the individual to receive care and treatment in their own community, which is less restrictive than a hospital setting. • A CTO is for those who have had repeated psychiatric admissions and who do not voluntarily follow through on their treatment plan <p>Our team will work with you to help you with such things as meeting basic needs, developing skills, accessing mental and physical health supports, and other community resources.</p>
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Community Family Services of Ontario	Counselling, Psychotherapy, Family Services	<p>We provide counseling and therapy to individuals, couples, and their families who have diverse life issues.</p> <p>These problems may include self-confidence, education, marriage, career, parenting, interpersonal or intergenerational relationships, or more emotional aspects of one's life.</p> <p>We help clients identify their concerns and problems, develop strategies to cope with and address their issues, and we do so in a respectful, empathetic manner.</p> <p>Our ultimate goal is to help clients deal with life situations more effectively and grow towards a harmonious family life.</p>
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Mental Health Counselling Program	<p>This program provides counselling and psychotherapy services to individuals and families who are challenged by emotional, psychological, psychosocial, addictions, mental health, and behavioural issues.</p> <p>The main program objective is to help them achieve psychological resilience through counselling, appropriate referrals and working together with our alliance partners.</p>
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Youth Services *ages 14-24	<p>Our youth services include 1-on-1 counselling to address the psychosocial needs of youth, as well as a psychoeducational group.</p> <p>Youth can be referred by self, school, family, or any other individual with the consent of the youth.</p>
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**Adult &
Youth
Enrichment
Centre
*ages 10+**

**Mental Health
Services**

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- Counselling and Therapy Services: Individual, child, family, and youth/young adult counselling.
 - Targeted Prevention: Workshops, webinars, and individual sessions to educate about mental health and seeking help.
 - Brief Services: Walk-in counselling for immediate, short-term support.
 - Family Capacity Building and Support: Programs to help families struggling with anxiety and behavioural problems.
 - Specialized Consultation and Assessment: Appointments with psychiatrists, psychologists, and other mental health experts.
 - Intensive Mental Health Services: Support at home, school, community, or out-of-home programs.

Immigration & Refugee Mental Health Program	<ul style="list-style-type: none"> •Culturally Sensitive Support: Services designed to meet the needs of newcomers and immigrants. •Individual, Couple, and Family Counselling: Support for individuals and families. •Support Groups: Connecting with others who understand your experiences. •Community and Clinical Resources: Referrals to additional services you may need. •Educational Workshops: Information and skills development to manage mental health and addiction.
Community Based Child & Youth Mental Health Services	<ul style="list-style-type: none"> •Crisis Support Services: Help in times of immediate need. •Targeted Prevention: Programs to promote mental health and prevent problems. •Culturally Sensitive Services: Support that considers your background and culture. •Family Capacity Building: Helping families develop skills to support their children. •Counselling and Therapy Services: Individual, family, and group therapy. •Brief Services: Short-term counselling to address immediate needs. •Outreach Counselling Services: Counselling provided in schools or other community settings.
Transitional Housing Program	<p>AYEC provides safe and supportive housing for youth who are on their mental health recovery journey. This program offers individualized case management and therapy services to help you develop the skills you need to live independently.</p> <ul style="list-style-type: none"> •Supportive Housing for Youth: Safe housing with support services for mental health recovery and skill development. •Case Management and Therapy: Individualized support to help you achieve your goals. •Support Services: Assistance with health, wellness, education, employment, and more.

COUNSELLING SERVICES

Champaign Klaseen	Children, Adults & Family	<ul style="list-style-type: none"> • Trauma • Biofeedback/Stress Management • Sleep Solutions • Grief & Bereavement • Mindfulness 	9AM-9PM	705.675.3211
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HeadWay Clinic	Individual, Adults, Teens, Children & Family	<p>We understand that navigating life's challenges can feel overwhelming. That's why our counseling services are designed to provide a safe and supportive space where you can explore your thoughts, emotions, and experiences. Whether you're managing anxiety, depression, relationship difficulties, or trauma, our compassionate therapists work collaboratively with you to develop practical</p>	Monday-Friday 8AM-4PM	(705) 670-2000
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strategies for growth and healing. With options for in-person or virtual sessions, we're committed to making mental health care accessible and tailored to your needs.

John Howard Society

Direct Service

One-on-one counseling

**Northern Ontario
Counselling Clinic**

Individual, Family & Couples

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- Stress
 - Anxiety
 - Depression
 - Anger
 - Career Challenges
 - Relationship Struggles
 - Separation Divorce Parenting
 - Bereavement
 - School or Workplace Stress
 - Life Stage Adjustments
 - Transitions
 - Self-esteem

705-222-6622
info@nocclinic.com

Mariani & Associates

Services

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- Comprehensive neuropsychological, psychological, developmental, and psychoeducational assessments
 - Individual and professional consultations
 - Counselling and psychotherapy
 - Behavioural analysis
 - Skill building and targeted interventions for rehabilitation.

Evaluations

- Catastrophic Impairment determination as a result of motor-vehicle accidents
- Autism Spectrum Disorder diagnostic assessments
- Post-assessment consultation services to support individuals, families, schools, agencies, and other parties in effectively

implementing
assessment
recommendations and
treatment plans.

**Sudbury Counselling
Centre**

General Counselling

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- Coping with daily pressures
 - Having difficulties communicating
 - Addressing parenting issues
 - Suffering from depression
 - Dealing with anxiety or low self-esteem
 - Adjusting to family changes
 - Dealing with the loss of a loved one

BEREAVEMENT

Bereaved Families of Ontario

Individual or
Group
Support

Our affiliates provide a safe, non-judgmental environment for you to discuss your experiences and learn about grief with others who have been there. The service we provide is free, no charge for our help and support.

They give you a chance to talk, in a confidential setting, about how the death of your loved one affects your life. Facilitators walk the grief journey with you, giving you a light in the darkness.

Our affiliates offer a range of individual and group support programs, in both an open and closed setting. While professional help is beneficial to many; peer programs provide an additional and sometimes alternative resource for those who are grieving.

<https://bereavedfamilies.net/contact-us/>

Perinatal Bereavement Services

Parent
Support
Group

Offers bereaved parents ongoing monthly support through the various stages of grief following the death of their baby through miscarriage, ectopic pregnancy, termination of a wanted pregnancy due to medical reasons, stillbirth, newborn death, and recurrent loss.

- Provides bereaved parents and their families with the opportunity to share about their grief and grief

reactions in a safe, supportive environment with others having similar experiences.

- Provides bereaved parents and their families with grief education and resources on perinatal loss through books, articles, guest speakers and educational videos

Individual
Support
Counselling

- Individual support provided to bereaved parents and their families following the death of their baby through miscarriage, ectopic pregnancy, termination of a wanted pregnancy due to medical reasons, stillbirth, newborn death, and recurrent loss.
- Individual counselling provided for subsequent pregnancies.
- Counselling provided by a Masters level psychotherapist with additional training in perinatal bereavement.

705-562-4955

Caufield Counselling & Consulting

Individual,
Couples &
Families

Grief/Loss

Monday -
Friday
8AM-5PM
Tuesday-Thursday
8AM-8PM

705-674-7806
info@caufield.ca

**Champaigne Klassen
Psychology**

**Grief
Recovery &
Bereavement**

Dr. Champaigne is a Certified Grief Recovery Specialist in the Grief Recovery Method, a structured action program for helping adults and for children move beyond all kinds of losses that can include death, and divorce, but also other losses such as, health, career and faith. It is also beneficial for other losses such as loss of trust, loss of safety, loss of control over one's body from sexual or physical abuse. It helps you learn the actions that let you let go of the pain associated with loss and to regain a sense of well-being. It is for anyone who has a broken heart and wants to open their heart up again. While Dr. Champaigne often follows the Grief Recovery Method, which she has found to be very helpful in people's recovery, she may also use mindfulness, hypnosis, CBT and various other trauma processing interventions such as EMDR (Eye Movement Desensitization and Reprocessing) as well.

**Monday -
Friday
9AM-5PM**

[\(705\) 675-3211](tel:(705)675-3211)

Glad Tidings Church

GriefShare

A network of thousands of grief recovery support groups meeting around the world. GriefShare is a program with direction and purpose. With GriefShare you will learn how to walk the journey of grief and be supported on the way. It is a place where grieving people find healing and hope.

**Tuesdays
6:30PM**

[\(705\) 522-4523](tel:(705)522-4523)

Maison Sudbury Hospice	Children's Grief Support Groups *aged 8-12	Children who are grappling with the profound loss of a parent, sibling, or cherished loved one are warmly welcomed to join our compassionate and nurturing children's Grief Support Group. This safe and supportive environment provides a sanctuary for young hearts to share their emotions, memories, and experiences, fostering healing and understanding amid their grief journey. Our dedicated facilitators offer age-appropriate activities, discussions, and therapeutic techniques tailored to help children navigate the complexities of loss and find solace in connection with peers who comprehend their unique struggles. This invaluable resource is offered free of charge, ensuring accessibility to all families in need during their time of sorrow and adjustment.	705-674-9252, ext. 253
	Grief Services	Provide grief and bereavement support through follow-up program and grief recovery program, which includes telephone follow-up calls, individual grief coaching sessions, and group discussions. Grief coaching is offered one-on-one to anyone in the community, not only residents, clients and families of the Hospice.	(705) 674-9252, ext. 227
Compassionate Friends of Canada	In-person or online	Provides a safe environment, supporting bereaved parents grieving the loss of a child; no matter the age or cause.	705-562-4347 Sudbury@TCFCanada.net

ANGER MANAGEMENT

Betty Ann McPherson Psychotherapy & Counselling Services Anger Management

John Howard Society Anger Management (Youth & Adults) Includes cognitive behavioural sessions on anger, stress, communication and conflict resolution. This program focuses on providing participants with greater motivation and rationale for wanting to express anger constructively by using appropriate thoughts and actions. Individuals are taught skills to help understand themselves and how to identify and express anger appropriately.

Northern Ontario Counselling Clinic Individual Counselling If you are experiencing challenges, counselling services may help you cope with the unchangeable aspects of your life challenges, and change those aspects of your life that can be, in order to heal and grow from said challenges.
Whether the challenge is from within or without, help is available. Solution-focused and cognitive behavioural therapy (CBT) are the two main approaches to therapy provided, through relevant activities from other approaches (e.g., rational emotive behaviour therapy (REBT), cognitive processing therapy (CPT), prolonged exposure therapy (PET) and traumatic incident reduction therapy (TIR), etc.) may be integrated as approaches.

Community Family Services of Ontario Anger Management This program is based on a cognitive behavioral approach, which is a well-recognized evidence-based psychotherapeutic model, to guide clients to reflect, learn and apply on topics including Understanding Anger, Managing Anger, and Transforming Anger.
A non-refundable fee of CAD\$600 due upon registration. This is a one-on-one program that is scheduled according to a timeline suitable for the client, and delivered in English, Cantonese, or Mandarin. Certification of Successful Completion can be provided upon request.

EATING DISORDERS

Health Sciences North	Regional Eating Disorders Program *Ages 8 to 64	For Sudbury residents, our team will work with you to provide a wide range of services which may include: <ul style="list-style-type: none"> • Medical Monitoring • Nutritional Counselling • Family Based Therapy • Individual and Group Therapy • Education related to eating disorders • Referral to other mental health program if indicated 		705-523-4988 x 4207
Overeaters Anonymous	Sudbury	Manages a mutual support group over the phone designed to help those obsessed with food and self image through a 12-step recovery program. Assists individuals to come to terms with the emotional, mental and spiritual part of their obsession. Not a diet or calories club and does not recommend any particular plan of eating, although a food plan is advised.	Tuesday & Thursday 7PM	705-207-0877