

## Perinatal Mental Health Resources

- Individual Counselling *\*not perinatal specific* (1Door: Collaborative between agencies in Simcoe County) - <https://www.1door.ca/>
- After Baby Group (North Simcoe Family Health Team) - <https://www.nsfht.ca/after-baby-group>
- Mental Health Counselling (Life with a Baby) - <https://www.lifewithababy.com/Mental-Health-Counselling>
- Ontario Structured Psychotherapy Program *\*not perinatal Specific* (Waypoint) - [https://www.waypointcentre.ca/programs\\_and\\_services/ontario\\_structured\\_psychotherapy](https://www.waypointcentre.ca/programs_and_services/ontario_structured_psychotherapy)
- Perinatal Mental Health Counselling (Chigamik Community Health Centre) - <https://www.chigamik.ca/en/services/allied-health/indigenous-perinatal-mental-health-program>
- Perinatal Pay-What-You-Can Therapy (Perinatal Wellbeing Ontario) - <https://www.perinatalwellbeing.ca/pay-what-you-can-therapy>
- Single Session Counselling *\*not perinatal specific* (Chigamik Community Health Centre) - <https://www.chigamik.ca/en/services/allied-health/single-session-counselling>