

Resource Name (Private)

Grace Van Ankum Certified Addictions Counsellor (Special Guest May 3, 2026) Call or text Psychologytoday.ca (addictions counsellors serving Haliburton online or in person)

Phone

[226-791-0064](tel:226-791-0064)

Email

grace@graceaddictioncounselling.ca
NA

Resource Name (Public)

CAMH 24X7

Connex Ontario (call or text)

KIDS HELP PHONE (text)

Fourcast

Phone

1-800-463-2338

1-866-531-2600

686868

1-800-461-1909

Email

info@camh.ca

<https://connexontario.ca/contact-us/>

NA

fourcast@fourcast.ca

Other

Dylan Zambrano (DBT) Distress Tolerance Skills Every Other Tues 12:15-12:45

289-210-5144

<https://dylanzambrano.com/psychothera>

Website

<https://graceaddictioncounselling.ca/about.html>

<https://www.psychologytoday.com/ca/therapists?search=haliburton>

Website

<https://www.camh.ca/>

<https://connexontario.ca/contact-us/>

<https://kidshelpphone.ca/>

<https://www.fourcast.ca/>

<https://www.psychologytoday.com/ca/therapists/dylan-zambrano-toronto-on/785904>