

# Mental Health Concerns

## North Simcoe

(includes Midland, Penetanguishene, Tiny, Tay and Springwater)

Children appear to be experiencing social/emotional behavioural issues (may include symptoms of depression, severe anxiety, dramatic and inexplicable changes in eating/sleep habits; anger and aggression)

Need More Help? Dial 2-1-1 or go to [www.InfoSimcoeCounty.ca](http://www.InfoSimcoeCounty.ca) for details on these services and programs

