

Anxiety Resources

Name	Address	Contact Information
Anxiety Canada	N/A	https://www.anxietycanada.com
Bounce Back	CMHA York and South Simcoe 8271 Keele St., Unit 2, Concord, ON, L4K 1Z1	https://bouncebackontario.ca
Canadian Mental Health Association, Simcoe County Branch (Head Office)	128 Anne St South, Barrie, ON L4M 6A2	705-726-5033 https://cmhastartalking.ca
Worry Wise Kids	N/A	http://www.worrywisekids.org