



Couchiching

Family Health Team

NSM Trans Health Services
119 Memorial Avenue
Orillia, ON
L3V 3M4
(705) 329-3649 ext. 391

NSM TRANS HEALTH SERVICES

**You are receiving this handout as you have expressed interest in Trans Health Services.
Please take a moment and review the following information.**

North Simcoe Muskoka Trans Health Services provide comprehensive and supportive care to Trans individuals seeking health care. We provide the following services:

- Comprehensive Health Assessments
- Health Promotion and Illness/Disease Prevention
- Therapeutic Management
- Hormone Treatment
- Surgical Planning Visits
- Community Resource Navigation
- Social Transition Support
- Mental Health Services

Our Peer Support Navigator and team of health care professionals provide inclusive medical care and support to help clients identify and achieve their transition goals.

If you are looking for more information or would like to schedule an appointment, please call 705-329-3649 ext. 391. Our hours of operation: Monday to Friday 8:00am to 4:00pm.

Community Support Contact Numbers

Trans Lifeline: 1-877-330-6366

LGBT Youthline: 1-800-268-9688

Text Based Crisis Line: Text HOME to 686868

North Simcoe Muskoka Walk in Counselling Clinic: 1-888-726-2503

Confidential Access to Community Information call: 211

Mental Health Crisis Services

If you are experiencing a mental health crisis please call the 24-hour Mental Health Crisis Line TOLL FREE 1-888-893-8333 OR 705-728-5044 or go your local emergency room.