



Convenient, confidential, same-day virtual mental health advice wherever you are in the City of Toronto

- *Are you concerned about your mental health?*
- *Are you able to wait until later today to speak with a mental health provider?*
- *Are you 16 years of age or older?*
- *Do you live in the City of Toronto?*
- *Are you able to speak in a private space using a computer, smartphone or tablet?*

* If you are in an immediate emergency or feel like your safety is at risk, this service is not right for you. Please call 911 or go to your nearest emergency department right away.



9:00 a.m. – 5:00 p.m.

Evening appointments available soon



Book an appointment at
camh.ca/virtualurgentcare

