



## Patient Resource Guide for Mental Health Support

Accessing the right mental health care can be an overwhelming or difficult process if you aren't sure what you need or what is available. This guide can help you navigate options for mental health support, and also consider what might be the best form of support to fit your needs.

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## I'm interested in therapy. What are my options? Some things to consider when finding the right option for you...

### Are you able and willing to pay for private therapy?

- You can use the following online directories to search for a therapist: [PsychologyToday.com](https://www.psychologytoday.com), [PsychotherapyMatters.com](https://www.psychotherapymatters.com), or [PsychotherapyOntario.org/find-a-therapist](https://www.psychotherapyonario.org/find-a-therapist)
- **Green Space** ([greenspacehealth.ca](https://www.greenspacehealth.ca)) and **Layla** ([www.layla.care](https://www.layla.care)) are online services that provide assistance to directly connect you to a private therapist that best matches your needs.

### "I think I could pay, but not \$200 per session." Are there ways to cut down on the cost?

- Some therapists offer **sliding scale rates** – you can inquire directly with private therapists about their rates
- Consider the difference between the **type of professional** – registered psychotherapists & registered social workers will offer lower rates than psychologists (see [FAQs](#))
- **Student or intern therapists** often charge a reduced rate. If they are registered with a professional college, they may also be covered by employee benefits.
- Online **video counselling** can cost about half the rate of in-person therapy.
- Therapist-assisted digital therapy (iCBT) with [Mind Beacon](#) provides an affordable & easily accessible alternative to in-person therapy.

## Some other things to consider ...

### Are you a student?

Most universities/colleges offer OHIP-covered psychiatric and counselling support, so it's a good option to start with if you can. To see what services your school offers, visit the school website and [Real Campus Student Assistance Program](#).

- You can also call **Good2Talk** (1-866-925-5454) – a free, confidential, 24/7 helpline for post-secondary students, providing professional counselling as well as information and referrals for mental health support.
- Or search for services at [mythoughtspot.ca](https://mythoughtspot.ca) – a live map developed by students for students, for finding health, mental health and wellness services in Toronto and the GTA.


### Do you/your partner/your parent(s) work?

#### You might have access to EAP...

- Many employers offer short-term counselling via an **Employee Assistance Program (EAP)** or **Employee and Family Assistance Program (EFAP)**
- This service is completely confidential and usually available to you and your immediate family members.
- Typically offer immediate phone/online-messaging counselling as well as ongoing (short-term) in-person counselling. They may also offer online resources/groups.
  - **Tip:** There is usually a limit to the number of sessions you can have within a certain timeframe or regarding a specific issue. You may be able to access the service again (often with the same counsellor) once the timeframe has ended or to discuss a different issue.

#### You might be able to use insurance benefits to cover therapy...

- Typically, employees who receive insurance benefits will have some coverage that includes registered psychotherapists, social workers, and/or psychologists. Be sure to check what type of services your benefits cover to make sure you connect with the right professional.



Check with HR or your employee insurance benefits provider for more information.

Are none of these options available to you? Take a look at the list of free or low-cost services.

## Frequently Asked Questions

### What's the difference between social workers, psychotherapists, psychologists, and psychiatrists?

**Psychiatrist:** This professional group has a medical degree and specialty training in psychiatry and, unlike most psychotherapists, can prescribe medication. While psychiatrists are trained in psychotherapy, they typically see patients for diagnostic assessment and treatment recommendations and most do not offer ongoing therapy unless this is a part of their practice. As medical doctors, they are OHIP-covered.

**Psychologist:** This professional has a PhD in psychology (>9 years of university education & 1 year of supervised practice). In addition to performing talk therapy, they have training in psychological testing and diagnostic assessments. Even though psychologists have a PhD, their fees are not covered by OHIP, and they cannot prescribe medication. If they work within a community agency or hospital, their services may be covered.

**Psychotherapist:** This is an umbrella term for any professional who is trained to treat people for their emotional problems. In Ontario, psychotherapists must be registered with the Ontario College of Registered Psychotherapists or another regulatory college.

**Social Worker:** Social workers can work in a variety of settings, and many practice psychotherapy. Their education/training is clinical (although with fewer years of training than a psychologist). Their education usually includes a Master's degree (MSW) and they are registered with the Ontario College of Social Workers and Social Service Workers. They often emphasize the individual in their environment during treatment, and they do not provide psychological testing.

**GP Psychotherapist:** This is a family doctor with some level of training in psychotherapy. Since they are medical doctors, their services are OHIP-covered.

### What are sliding scale fees/rates and when does it make sense to use them?

- Sliding scale rates provide some flexibility in the cost of therapy to individuals who aren't able to pay the regular rate.
- Fees can range from whatever you are able to pay (typically community organizations) to **a rate based on your household income, which will require a "proof of income"**.
- As a very general rule, for community organizations who offer sliding scale "based on income" - if you make around \$100,000, you'll pay \$100/session – so it might make more sense for you to choose a private therapist at a similar rate (with a shorter wait time). Sliding scale fees for private therapy are typically closer to their regular rates.

### Can walk-in single-session counselling really help?

Single-session counselling has been found to have a positive impact for many people because they get the help they want when they most need it. Walk-In counselling has been proven to decrease emotional distress in the short-term, and may have positive long-term impact as well. Single-session counselling allows you to discuss your concerns and collaborate with the counsellor to improve your personal insight, access healthy emotional resources and develop useful coping strategies. (Adapted from Family Service Toronto)

### What is peer support? Is it right for me?

Peer support can be emotional and/or practical support between two people who share a common experience, such as a mental health challenge, illness, or difficult life experience, like the loss of a loved one. A peer support worker has lived through that similar experience, and is trained to support others. Both one-on-one and group peer support have shown positive impacts on reducing symptoms while also increasing a sense of self-efficacy, social support, ability to cope with stress, and quality of life. Peer support brings empathy, respect, and social inclusion into support for personal growth and recovery during a difficult time in your life.

### Still have questions about accessing therapy and how it all works? The following resources can help.

- Questions to ask when choosing a therapist - [http://www.therapyreferral.org/interviewing\\_a\\_therapist.php](http://www.therapyreferral.org/interviewing_a_therapist.php)
- The **CHOICE-D Patient and Family Guide to Depression Treatment** - <http://www.canbind.ca/education-outreach/public-resources/choice-d-guide-depression-treatment-options/>

### For more resources, you can visit:

- **UHN Patient and Family Resource Guides:**  
[https://www.uhn.ca/PatientsFamilies/Health\\_Information/Health\\_Topics/Pages/Health-Topic-Details.aspx?itemId=98&resource=Community%20Resources](https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Pages/Health-Topic-Details.aspx?itemId=98&resource=Community%20Resources)
- **CAMH - Community Resource Guides:** <https://www.camh.ca/en/health-info/guides-and-publications/community-resource-sheets>

### **Service Finders**

*Service finders are websites that provide support in finding mental health, medical health, and community/social services that best fit your needs. They often offer confidential phone and online chat support in addition to the online search tool.*

- **[ConnexOntario.ca](http://ConnexOntario.ca)** – 1-866-531-2600  
They provide an online search tool and 24/7 telephone or online chat support for help with addiction, mental health, & problem gambling resources.
- **[ementalhealth.ca](http://ementalhealth.ca)** - Canada-wide directory and search tool for mental health resources. Also provides general mental health information.
- **[211Toronto.ca](http://211Toronto.ca)** - Directory and search tool for community and social services in Toronto, and Durham, Peel, and York Region. You can also call 2-1-1 for free, confidential, 24/7 support with resources
- **[thehealthline.ca](http://thehealthline.ca)** - Directory and search tool for health care and community resources across Ontario
- **Sunnybrook Family Navigation Project**  
1-800-380-9367 [sunnybrook.ca/content/?page=family-navigation-project](http://sunnybrook.ca/content/?page=family-navigation-project)  
Provides support in navigation of the mental health and addictions service system for **youth aged 13-26 and their families**, with complex needs, who live in Toronto and GTA
- **Toronto Seniors Helpline (Community Navigation and Access Program)** - [cnap.ca/](http://cnap.ca/)  
416-217-2077 or 1-877-621-2077  
A single point of access for seniors and caregivers to receive information and access to community, home, and crisis services.

### **Private Therapy**

- **GreenSpace** - [www.greenspacehealth.ca](http://www.greenspacehealth.ca) - After completing an online questionnaire about your concerns and needs, a case manager will work to connect you directly with a private therapist (cost ranging \$80-225/session). The service is free and confidential.
- **Layla** - [www.layla.care](http://www.layla.care) 1-888-695-2952 – After a brief questionnaire and phone call, you'll be matched with a therapist based on best fit. All therapists charge \$130/session and are covered by most insurance plans.
- Or you can search an online directory to find a private therapist:
  - [PsychologyToday.com](http://PsychologyToday.com)
  - [PsychotherapyOntario.org/find-a-therapist](http://PsychotherapyOntario.org/find-a-therapist)
- **Psychotherapy Matters** - [PsychotherapyMatters.com](http://PsychotherapyMatters.com) - All therapists registered with this service have access to psychiatry and can facilitate an assessment with potential follow-up for their clients.

## Online Mental Health Programs

### Including some therapist support

**AbilitiCBT** by Morneau Shepell - [ontario.abiliticbt.com](https://ontario.abiliticbt.com)

- In this program, you work through 10 structured modules, at your own pace, while a dedicated therapist monitors your progress: each module contains activities, videos and assignments to help you learn, develop and practice new skills.
- There are scheduled check-ins along the way: you connect with your therapist by phone/video/chat.

**BEACON** - [mindbeacon.com/ontario](https://mindbeacon.com/ontario)

- This is a therapist-assisted, digital CBT (TAiCBT) service. It includes unlimited online messaging with a dedicated therapist and access to CBT therapy for 12 weeks, as well as unlimited access to materials for one year.

**CMHA – BounceBack** - [www.bouncebackontario.ca](https://www.bouncebackontario.ca); 1-866-345-0224

- BounceBack is a free CBT-based skill-building program where a coach helps support you
- **over the phone** in working through a series of workbooks based on your concerns.
- **Referral process:** GP referral is preferred, but you can also self-refer online. No catchment.

**Mind Relief** - <https://www.mindrelief.ca/>

- Online CBT and/or DBT therapy program. Consists of 20-min therapy appointments, with personalized psychotherapy materials to complete between sessions.
- **Referral process:** Requires physician referral, which can be completed on website above.

**TeleCBT** - <https://telecbt.ca/> - Phone: 888-468-6178 - ext. 1

- OHIP-covered, CBT-informed, virtual or phone-based, individual psychotherapy
- Wait time: roughly 2-3 months
- Self-referral, call the number above, or complete online referral at website

**Wellness Together Canada** - <https://ca.portal.gs/> - 1-866-585-0445

- Created by the Government of Canada, this platform provides free, online resources & tools for Canadians
- Offer same-day, single session phone counselling (available 24/7, for 18 years+). Following this initial call, you may be referred to multi-session counselling (up to 3 additional sessions) with a dedicated therapist. **Call anytime.**
- **NEED IMMEDIATE SUPPORT?** If you are in crisis or require support right away:
  - **Youth:** Text WELLNESS to 686868
  - **Adults:** Text WELLNESS to 741741

### Self-guided

**Anxiety Canada** - [www.anxietycanada.com](https://www.anxietycanada.com)

Online library of free, downloadable CBT worksheets to help you understand anxiety and learn strategies to tolerate and manage anxiety. They also offer a self-guided course, **My Anxiety Plan** ([maps.anxietycanada.com](https://maps.anxietycanada.com)), with a version for Adults and Children/Teens.

**CCI Self-Help Resources for Mental Health** -

[www.cci.health.wa.gov.au/Resources/Looking-After-Yourself](https://www.cci.health.wa.gov.au/Resources/Looking-After-Yourself)

Free workbooks for a range of concerns, including: Anxiety, Panic, Self-Compassion, & Worry and Rumination

**CIMHS (Centre for Interactive Mental Health Solutions)** - [www.cimhs.com](https://www.cimhs.com)

Free online therapy program for depression, using CBT skills.

**Mood Gym** - [www.moodgym.com.au](https://www.moodgym.com.au)

Interactive online self-help program that teaches CBT skills to manage symptoms of depression and anxiety. Subscription is \$40/year.

**Phone apps:**

**CBT-skills:**

**Mindshift** (Developed by Anxiety Canada) Free  
**Sanvello** (formerly *Pacifica*)  
**What's Up**

**Mindfulness:**

**Calm** (also [www.calm.com](https://www.calm.com))  
**Headspace** ([www.headspace.com](https://www.headspace.com))  
**Insight Timer**

Walk-in Counseling Clinics (now phone-based)			
<b>Catholic Family Services</b> Central Office: 1155 Yonge Street, Suite 200 (Yonge/Summerhill) North Office: 245 Fairview Mall Dr, Suite 201 (Don Mills/Sheppard)	Central: <b><u>Tuesdays</u></b> 9am to 7pm  North: <b><u>Thursdays</u></b> 9am to 7pm	Central: 416-921-1163 North: 416-222-0048 <a href="http://www.cfstoronto.com">www.cfstoronto.com</a> <a href="mailto:info@cfstoronto.com">info@cfstoronto.com</a>	<b>FEE FOR SERVICE:</b> Counseling fees are charged according to income level. No one is denied service because of inability to pay fees.
<b>Family Services Toronto</b> 3 <sup>rd</sup> floor, 355 Church Street (Church/Gerrard)	<b><u>Monday to Friday</u></b> Between 9am to 6pm	416-595-9618 <a href="http://familyservicetoronto.org">familyservicetoronto.org</a>	<b>Free:</b> *call for additional languages. For all persons 18 years of age and older, who live or work in GTA. No health card/ID required.
<b>Sherbourne Health Centre</b> 333 Sherbourne Street (Sherbourne/Gerrard)	<b><u>Tuesdays</u></b> - register at 12pm, begins 1pm	416-324-4100 ext. 5310 <a href="http://www.sherbourne.on.ca">www.sherbourne.on.ca</a>	<b>Free:</b> For clients 16+ who are not receiving mental health services at Sherbourne or at any other agency
<b>Stella's Place</b> 18 Camden St. (Queen/Spadina)	<b><u>Tuesdays</u></b> and <b><u>Thursdays</u></b> , 3-5pm (last arrival 4:30pm)	416-461-2345 <a href="http://stellasplace.ca/programs/connect@stellasplace.ca">stellasplace.ca/programs/connect@stellasplace.ca</a>	<b>Free:</b> Open to Young Adults ( <b>aged 16-29</b> ). No appointment is necessary. <b>**Also have drop-in groups and peer support.</b>
<b>What's Up Walk-In Services</b> Multiple locations across Toronto	<b><u>**For children, youth, young adults, &amp; their families.</u></b>  <b>All locations and walk-in hours:</b> <a href="http://www.whatsupwalkin.ca/service-providers/">www.whatsupwalkin.ca/service-providers/</a>		<b>Free:</b> Service available to youth (0-24) & families. Some locations will see clients up to 29 years of age. Often functions as intake for ongoing services.
<b>WoodGreen Community Services</b> 815 Danforth Ave (Danforth/Pape)	<b><u>Tuesdays</u></b> and <b><u>Wednesdays</u></b> open at 4:30pm; last arrival 6:45pm	416-572-3575 <a href="http://www.woodgreen.org">www.woodgreen.org</a>	<b>Free:</b> *English/Mandarin Everyone is welcome. No health card is needed. No referral or appointment required. No set limit to number of visits.
<b>Yonge Street Mission</b> Davis Centre, 270 Gerrard St E (Gerrard/Parliament)	<b><u>Thursdays</u></b> 4:30pm-8:30pm; opens at 4:15pm; <b>last arrival</b> 6:45pm	1-800-416-5111 or 416-929-9614 ext. 3235 <a href="http://www.ysm.ca">www.ysm.ca</a> <a href="mailto:info@ysm.ca">info@ysm.ca</a>	<b>Free:</b> Everyone is welcome No health card is needed. No set limit to number of visits.

Phone Support			
<b>The Warm Line (Mental Health Helpline)</b> Operated by peers who have lived with mental illness	Open <b>8pm-12am</b> , 7 days/week	<b>Call:</b> 416-960-9276	<b>Text:</b> 647-557-5882 <b>Online Chat:</b> <a href="http://www.warmline.ca">www.warmline.ca</a>
<b>Wellness Together Canada</b>	Available 24/7	<b>Call:</b> 1-866-585-0445	<b>In crisis, text:</b> WELLNESS to 741741
<b>Distress Centres of Greater Toronto</b> Operated by volunteers, offer both emotional & crisis support	Available 24/7	<b>GTA:</b> 416-408-4357	<b>Peel Region:</b> 905-459-7777

Drop-in/Open Peer Support (Individual and Group)	
<b>Mood Disorders Association of Ontario (MDAO)</b> 36 Eglinton Ave W #602 (Yonge/Eglinton)	<b>To register for a peer support group:</b> <a href="https://app.acuityscheduling.com/schedule.php?owner=19361959&amp;appointmentType=category:Peer%20Support%20Groups">https://app.acuityscheduling.com/schedule.php?owner=19361959&amp;appointmentType=category:Peer%20Support%20Groups</a> <b>To access single-session peer support</b> , call: 1-866-363-6663 or visit: <a href="https://app.acuityscheduling.com/schedule.php?owner=19361959&amp;appointmentType=15237887">https://app.acuityscheduling.com/schedule.php?owner=19361959&amp;appointmentType=15237887</a>



Free/Minimal Cost Counselling Services				*self-referral unless otherwise noted
Organization	Contact Information	Service Details	Population	Wait-time
<b>Aberfoyle Health Centre</b>	(416) 231-7968 1 Eva Road, <b>Etobicoke</b>	Ongoing indiv. counselling; psychotherapy & psychiatry available, incl. ADHD specialist. <b>**Still requiring in-person appointments</b> <i>Physician referral required.</i>	All welcome. No catchment.	3-4 months (Apr/21)
<b>Abrigo Centre</b>	1645 Dufferin Street (Dufferin/St. Clair) 416-534-3434 <a href="http://www.abrigo.ca/">http://www.abrigo.ca/</a>	Offer numerous services to English and Portuguese speaking individuals, including indiv. counselling Open intake by phone or <b>drop-in</b> service for counselling, Mon to Fri, 1-3pm	All welcome. Some Portuguese-specific services	Same day for initial appt.
<b>Anishnawbe Health Centre</b>	<a href="http://www.aht.ca">www.aht.ca</a> Jarvis/Gerrard (416-920-2605) Yonge/Charles – <i>previously Vaughan Rd</i> (416-657-0379)	Gerrard site: Indiv. counselling (western & traditional approaches) Charles site: 20 week day treatment for mental health & addictions	Aboriginal peoples	Wait time variable.
<b>Catholic Family Services</b>	<a href="http://www.cfstoronto.com">www.cfstoronto.com</a> Central (Yonge/Summerhill): 416-921-1163 North (Don Mills/Sheppard): 416-222-0048	Individual, Family, Couples Counselling Also offer walk-in counselling, numerous groups, violence against women services, & wellness programming <b>**Sliding scale fee (whatever you can pay)</b>	All welcome. English & Spanish avail. (Central Office only)	2-3 mos (longer for evening appts) <i>Can access walk-in once/month while on wait list</i>
<b>Centre for Men and Families</b>	<b>Carlton/Sherbourne</b> 647-479-9611 or 1-844-900-CCMF (2263) <a href="http://menandfamilies.org/toronto/">menandfamilies.org/toronto/</a>	Individual counselling Also offer peer support group, mindfulness, parenting, domestic abuse & trauma support	All welcome for indiv. therapy	Unknown
<b>Christian Counselling Services</b>	<b>Yonge/Carleton &amp; North York</b> 416-489-3350 <a href="mailto:admin@christiancounsellingservices.com">admin@christiancounsellingservices.com</a> <a href="http://christiancounsellingservices.com/">christiancounsellingservices.com/</a>	Indiv., couples, & family counselling No specific limit to # of sessions Accept third-party insurance benefits Senior counsellors: \$75+; Intern counsellors: \$0+	All welcome. No religious affiliation necessary.	1-2 weeks (Calls returned in 3 business days)
<b>COSTI Immigrant Services</b>	Sheridan Mall, 416-244-7714 Vaughan Centre, 905-669-5627 (only offer English & Italian at this location) <a href="http://costi.org/programs/family.php">costi.org/programs/family.php</a>	Indiv. & family counselling Also: psychiatry, women's support group for depression; violence against women support, PAR program <b>**Sliding scale fee.</b>	All welcome. Languages: Spanish, English, Italian	English: 7-8 mos Spanish & Italian: 8-9 mos Psychiatry: internal referrals only
<b>Family Service Toronto</b>	416-595-9618 <a href="https://familyservicetoronto.org/our-services/virtual-workshops-and-groups/">https://familyservicetoronto.org/our-services/virtual-workshops-and-groups/</a>	Currently offering no-cost, single-session phone counselling (Monday to Friday, 9am to 6pm). Also offer: LGBTQ (David Kelley services at Central Office), violence against women (VAW), trauma therapy, seniors/caregivers services	All welcome. Languages: Farsi, Tamil, Spanish, French & English	<i>Same day, single-session phone counselling</i>
<b>GP- Psychotherapy</b>	Locations across Ontario <a href="http://www.mdpac.ca/cgi/page.cgi/Public/fin-d-a-psychotherapist.html">www.mdpac.ca/cgi/page.cgi/Public/fin-d-a-psychotherapist.html</a>	Online search directory of GP psychotherapists who are currently accepting new patients.	All welcome.	Dependent on each therapist
<b>Jewish Family and Child</b>	416-638-7800 x.6234 <a href="http://www.jfandcs.com">www.jfandcs.com</a> Bloor/Spadina, Bathurst/Sheppard, Bathurst/Rutherford	Indiv., couples, & family counselling – incl. CBT Also offer CBT service ( <b>CBT-trained counsellors</b> ) Also offer groups & workshops <b>**Sliding scale fee (whatever you can pay)</b>	All welcome. No religious affiliation	3-4 months

Free/Minimal Cost Counselling Services				*self-referral unless otherwise noted
Organization	Contact Information	Service Details	Population	Wait-time
<b>Medical Clinic for Person-Centred Psychotherapy</b>	2040 Sheppard Ave E. 416-229-2399 <a href="http://www.medicalpsychclinic.org">www.medicalpsychclinic.org</a>	GP-Psychotherapy (indiv. & group)  <b>Physician referral required (referral form on website)</b>	All welcome.	Up to 6 weeks for intake, no guarantee for acceptance
<b>Mennonite New Life Centre</b>	Queen E/Kingston Rd: 416-699-4527 Keele/Wilson: 647-776-2057 Victoria Park/Finch: 416-291-3248  <a href="http://mnlct.org/mentalhealth/">mnlct.org/mentalhealth/</a>	Individual counselling; settlement support services Also offer anger management (indiv. & group, low-cost), trauma-focused, & other group programming	Languages: English, Spanish, Farsi, Turkish, Arabic	Typically short wait list, based on urgency, language & location
<b>Mood Disorders Association of Ontario (MDAO)</b>	36 Eglinton Ave W #602 (Yonge/Eglinton) <a href="https://mooddisorders.ca/">https://mooddisorders.ca/</a>  <b>To access drop-in services:</b> 1-866-363-6663 <b>For general info:</b> 416-486-8046	Phone/virtual support options, including individual and group peer support, and individual counselling. <b>Ongoing individual peer support or counselling:</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLSf4fD5YZmD92fnocDV6k8ee8uLs02S53Pw3CoaXz5nw3KWepg/viewform">https://docs.google.com/forms/d/e/1FAIpQLSf4fD5YZmD92fnocDV6k8ee8uLs02S53Pw3CoaXz5nw3KWepg/viewform</a>	All welcome.	For ongoing counselling, 8 weeks
<b>Polycultural Immigrant &amp; Community Services</b>	<b>Bloor/Islington</b> (Etobicoke) 416-233-0055 ext. 1237 <b>Sheridan Centre</b> (Mississauga) 905-403-8860 ext. 5253 <a href="http://www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling">www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling</a>	Short-term counselling services for children, youth, and adults. Also offer variety of social services (resettlement & refugee, family violence & addiction, women's & family wellness, employment, youth services)	All welcome.	No wait time currently.
<b>Stella's Place</b>	<b>Queen/Spadina</b> 416-461-2345 <a href="http://stellasplace.ca/">stellasplace.ca/</a> <b>Self-referral, you must attend intake:</b> Thursdays at 3pm (1 <sup>st</sup> come 1 <sup>st</sup> serve)	Individual counselling & groups (DBT, WRAP, LGBTQ), peer support, & walk-in counselling (Tu & Thurs, 3-5pm) Also offer drop-in programs and registered groups: art group, yoga, running, etc	Young Adults (age 16-29)	6 months for indiv. therapy
<b>TPS&amp;I (Toronto Psychoanalytic Society &amp; Institute)</b>	Locations across Toronto <a href="http://torontopsychoanalysis.com/finding-therapy/">torontopsychoanalysis.com/finding-therapy/</a> Contact therapist directly.	Individual therapy, using psychoanalytic approach  For more information on psychoanalytic psychotherapy, visit their <a href="#">website</a> Dependent on professional. MDs are OHIP-covered.	All welcome.	Dependent on each therapist.
<b>TS Medical Centre</b>	<b>Bloor/Bathurst</b> (692 Euclid Ave) 416-901-9020 ext. 20, or contact therapist directly <a href="http://www.tsmedicalcentre.com">www.tsmedicalcentre.com</a>	Individual, couples, and group therapy options with different mental health professionals – includes GP-psychotherapists (OHIP-covered MDs are OHIP-covered.)	All welcome.	Dependent on each therapist.
<b>Women's Health in Women's Hands</b>	<b>Yonge/Carlton</b> 416-593-7655 ext. 4912 <a href="mailto:info@whiwh.com">info@whiwh.com</a> <a href="http://www.whiwh.com/mental-health-services">www.whiwh.com/mental-health-services</a>	Individual therapy: up to 15 weekly sessions <b>Priority to:</b> HIV+ women, pre/post-natal (1-yr), ages 16-25, & transgendered. Also offer various groups	Racialized women	6 months
<b>Woodgreen Community Services</b>	<b>Pape/Danforth</b> 416-572-3575 <a href="http://www.woodgreen.org">www.woodgreen.org</a>	Individual counselling services, groups are offered periodically (you can ask when completing intake) Also offer walk-in counselling (Tues & Wed evening)	All welcome	6-8 months



Reduced-Cost Sliding Scale Counselling Services					*self-referral unless otherwise noted
Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Affordable Therapy Network of Toronto</b>	<a href="http://www.affordabletherapytoronto.com">www.affordabletherapytoronto.com</a> Locations across Toronto	List of therapists that offer therapy at a reduced cost. <i>**Note that some are students, so double check if your benefits will cover them.</i>	All welcome.	Sliding scale, as low as \$65/session	Dependent on therapist.
<b>Centre for Interpersonal Relationships</b>	<b>Bay/College</b> 1-855-779-2347 <a href="http://cfir.ca/LowFeeServices.php">cfir.ca/LowFeeServices.php</a> Self-referral	Low-cost individual, couple, and family counselling with doctoral student counsellors Also offer psychological services for children and adolescents	All welcome	\$60-\$80 /session	None.
<b>Centre for Training in Psychotherapy</b>	Locations across Toronto. 416-964-7919 <a href="http://ctp.net/ctp-referral-service">http://ctp.net/ctp-referral-service</a>	Low-cost therapy with psychotherapy student (with regular supervision). Call to arrange meeting with faculty member & be matched with student therapist.	All welcome.	\$45/session	Dependent on therapist.
<b>Gestalt Student Clinic</b>	<b>Gerrard/Parliament</b> (417 Parliament St.) 416-964-9464 ext.18 <a href="http://gestalt.on.ca/low-cost-therapy-clinic">gestalt.on.ca/low-cost-therapy-clinic</a> Also <b>private offices</b> in Toronto, Port Credit, Burlington, & York Region	Student therapists (min 4 yrs of training, some registered w CRPO & can accept insurance)  1 yr – guaranteed at \$40, then renegotiate rate  Visit <a href="#">website</a> for more info on Gestalt approach	All welcome. 13 languages	Student therapist: \$40/session	1-2 weeks
<b>Hard Feelings</b>	Bloor/Ossington 416-792-4393 <a href="http://www.hardfeelings.org">www.hardfeelings.org</a>	Group of private therapists offering low-cost therapy to those with limited capacity to pay. 10-12 sessions.	Ages 18+	\$50-80/hr session	Check website for available therapists.
<b>OISE Psychology Clinic</b>	252 Bloor St. W (Bloor/St. George) Adult Intake Line: 416-978-0654 <a href="http://www.oise.utoronto.ca/psychservices/">www.oise.utoronto.ca/psychservices/</a>	Masters and phd level students - \$100/session, offer a sliding scale down to \$0 if need (assessed by the clinical director)	All welcome.	\$100/hr session, (sliding scale fee available)	Intake is open every September
<b>Open Path Collective</b>	<a href="https://openpathcollective.org">https://openpathcollective.org</a> Locations across Toronto	List of therapists that offer therapy at a reduced cost. <i>**Note that some are students or qualifying, so double check if your benefits will cover them.</i>	All welcome.	\$30-60/session; One-time \$59 membership fee	Dependent on therapist.
<b>Ontario Psychotherapy and Counselling Referral Network</b>	<b>Bloor/Spadina</b> 416-920-WELL (9355) <a href="http://referrals.psychotherapyandcounseling.ca/toronto-psychotherapist-counselor">referrals.psychotherapyandcounseling.ca/toronto-psychotherapist-counselor</a>	Student therapists (4 <sup>th</sup> & 5 <sup>th</sup> yr) – psychodynamic approach primarily - Free 1 <sup>st</sup> time consultation  <i>Include that you want low-cost student option in self-referral</i>	All welcome.	Sliding scale; Student therapist: \$20-45/hr	Varies, call directly to inquire
<b>Toronto Institute for Relational Psychotherapy</b>	Locations across Toronto <a href="http://www.tirp-lowcost-therapy.ca">www.tirp-lowcost-therapy.ca</a>  Contact therapist directly & say that you found them on TIRP website and you are looking for low-cost therapy.	Individual and couple counselling  For more information on relational therapy, visit their <a href="#">website</a>	All welcome.	Student therapist: \$25, Senior/couples therapist: \$40-80	Dependent on each therapist.
<b>Inkblot Therapy</b>	<a href="http://InkblotTherapy.com">InkblotTherapy.com</a> - <b>Online video counselling</b> with registered psychotherapists Matched to therapist based on needs/concerns. <b>**Most insurance plans are accepted</b>		<b>Cost:</b> \$37.50/30 min. session (1 <sup>st</sup> session is free); can book 30-, 60-, or 90-min sessions		Minimal wait, depending on your availability

Community Health Centres that offer counselling to external clients (all catchment-based & OHIP-covered) – Catchment map: <a href="https://bit.ly/SCOPE_CHC">bit.ly/SCOPE_CHC</a>				
Name	Contact Information	Service Details	Catchment	Wait-time
Black Creek CHC	Sheridan Mall (Jane/Wilson) Yorkgate (Jane/Finch) <b>Tel:</b> 416-249-8000 <a href="https://www.bcchc.com/services/mental-health-counselling/">https://www.bcchc.com/services/mental-health-counselling/</a>	Individual counselling and case management services Self-referral, drop-in to fill out application (with proof of address) or complete online form to initiate contact	Humber River to Keele, Steeles to Wilson	1-3 weeks at both locations
Davenport-Perth	1900 Davenport Road (near Symington Ave) <b>Intake:</b> 416-652-4366 <a href="http://dpnchc.com/health/counseling-services/">http://dpnchc.com/health/counseling-services/</a>	Individual counselling and case management Also offer various <a href="#">group programs</a> (incl. DBT group & mindfulness-based relapse prevention for addiction)	Bloor St. to Old City Limits/St. Clair Ave, Railway lines to Bathurst St.	1-2 months (if not closed to new referrals)
LAMP CHC	Birmingham/Fifth St. – Etobicoke <b>Tel:</b> 416-252-6471 (Social Worker x. 235) <a href="https://lampchc.org/programs-services/clinical-health-services/mental-health-support/">https://lampchc.org/programs-services/clinical-health-services/mental-health-support/</a>	Drop in hours: Monday 1-3:30pm Short-term counselling (8-12 sessions) & case management, referral to other services if needed <i>Also Family Service Toronto site (Call 416-595-9618)</i>	The Queensway to Lake Ontario, Etobicoke Creek to Humber Bay Bridge	Can access drop-in initially; or call to self-refer (1-3 month)
Parkdale Queen West CHC	Parkdale: Queen/Dufferin (416-537-2455) Queen West: Queen/Bathurst (416-703-8482 x.2100) Satellite: Queen/Roncesvalles (416-537-8222) <a href="http://pqwchc.org/">pqwchc.org/</a>	Individual counselling (6-12 sessions typically) Also offer peer support & groups (incl. post-partum, fathers drop-in, anger management) <b>Priority</b> for marginalized, low-income population	Parkside Dr to Yonge St., Bloor to Lakefront  *No catchment for postpartum service	1 week to 1 month
Regent Park CHC	Dundas/Parliament <b>Tel:</b> 416-203-4506 <a href="http://www.regentparkchc.org/social-work-and-community-health-work">www.regentparkchc.org/social-work-and-community-health-work</a>	Counselling, long- and short-term case management, and advocacy Priority to low-income & precariously housed, limited access to other services	<b>Housed Clients:</b> King to Gerrard, Sherbourne to Don River <b>Homeless Clients:</b> Lake Ontario to Bloor, Yonge Street to Don River	2-3 months
Rexdale CHC	Kipling/Rexdale <b>Tel:</b> 416-744-0066 x.2 <a href="http://www.rexdalechc.com/programs/programs-for-adults/counselling">http://www.rexdalechc.com/programs/programs-for-adults/counselling</a>	Counselling and case management services  <i>Also the site for a counselor from Family Service Toronto (Call 416-595-9618).</i>	Hwy 427 to Humber River, Steeles to Dixon Rd	1-2 weeks
Stonegate CHC	The Queensway/Park Lawn Rd <b>Tel:</b> 416-231-7070 <a href="http://www.stonegatechc.org/programs-services/health-services/counselling-services.html">www.stonegatechc.org/programs-services/health-services/counselling-services.html</a>	Individual, couple, and family counselling and case management services Also offer group services Self-referral, complete: <a href="#">Request for Services Form</a>	Kipling to Humber River, Gardiner Expwy to Eglinton	3-4 weeks
Unison CHC: WestReach	Jane/Trethaway <b>Tel:</b> 416-645-7575 Ext. 2050 <a href="https://unisonhcs.org/service/westreach/">https://unisonhcs.org/service/westreach/</a>	8-10 individual counseling sessions as well as group sessions for individuals living with a mental illness or substance use concerns. Physician referral preferred, but can self-refer.	For residents of the Rockcliffe-Smythe and Mount Dennis neighbourhoods.	Closed to external referrals until Spring 2021
Vibrant Healthcare Alliance	Yonge/Montgomery <b>Tel:</b> 416-486-8666 <a href="https://www.vibranthealthcare.ca/social-workers/">https://www.vibranthealthcare.ca/social-workers/</a>	Individual, couples, & family counselling and case management for <b>youth (13-29), seniors (55+) &amp; people with spinal cord injuries</b>	Highway 401 to Bloor Street and Bathurst Avenue to Bayview Avenue People with physical disabilities: Toronto	6 to 8 weeks

Etobicoke/Mississauga/Peel-Dufferin Region - Low-Cost and OHIP-Covered Counselling Services					
Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Aberfoyle Health Centre</b>	(416) 231-7968 1 Eva Road, <b>Etobicoke</b>	Ongoing indiv. counselling (limited to once/wk); psychotherapy & psychiatry available, incl. ADHD specialist. <b>**Still requiring in-person appointments</b> <i>Physician referral required.</i>	All welcome.	No cost.	3-4 months (Apr/21)
<b>Bloom Clinic</b>	40 Finchgate Blvd. Suite 224, <b>Brampton</b> Tel: 905-451-4914 <a href="http://www.bloomclinic.ca/">www.bloomclinic.ca/</a>	Individual counselling, no specific limit to # of sessions. <i>* All other counselling services at Bramalea CHC are not open to external clients</i>	Region of Peel. Diagnosed with Hep C or HIV.	No cost.	Minimal
<b>Catholic Family Services of Peel-Dufferin</b>	<a href="https://cfspd.com/services/">https://cfspd.com/services/</a> <b>Mississauga</b> (Hurontario/Hwy 403, 905-897-1644 x.112) <b>Brampton, Caledon, Orangeville</b>	Indiv., couple, & family counselling. Also offer programming for: abuse (childhood, partner, exposure to, PAR), wellness, yoga, financial wellness <i>To access, call Mississauga intake line &amp; leave message</i>	All welcome. No religious affiliation to counselling.	Sliding scale fee based on income (flexible)	2-4 months (Feb/21)
<b>CMHA Peel Dufferin Branch</b>	<b>Brampton</b> (7700 Hurontario), Etobicoke, Caledon, Orangeville sites <b>Central Intake:</b> 905-451-2123 <a href="https://cmhapeeldufferin.ca/programs-services/mental-health-counselling/">https://cmhapeeldufferin.ca/programs-services/mental-health-counselling/</a>	Brief indiv. counselling, family support, substance use (2 sessions only) Also offer: group/peer support, case management, & recovery supports, youth programming. Counselling and treatment (6-8 sessions) for indiv. with moderate to severe mental health concerns	Must reside in Central West LHIN. Translation services available.	No cost.	Dependent on program
<b>East Mississauga Community Health Centre (part of LAMP CHC)</b>	Dixie Road/Dundas St. E - <b>Mississauga</b> Tel: 905-602-4082 x.456 <a href="http://eastmississaugachc.org/programs-services/community-social-support-programs/social-work">eastmississaugachc.org/programs-services/community-social-support-programs/social-work</a> Open Mon, Tues, Thurs (9-5pm; evening available - depending on client's needs)	Short-term counselling with social worker; also offer some client advocacy & case management <b>Catchment:</b> Toronto border to Hurontario St, Matheson Blvd to the lakeshore <b>Priority population:</b> seniors, newcomers, immigrants, refugees, non-status, low income, & LGBTQ	Counselling available only to individuals connected to other services at CHC.	No cost.	5-6 months at longest (Apr/21)
<b>Family Services of Peel</b>	<b>Central Intake:</b> 905-453-5775 <a href="http://fspeel.org/">fspeel.org/</a> <b>Mississauga</b> (Hurontario/Hwy 403) <b>Brampton office</b> (Clark/West Drive, Ste 201) <b>Malton office</b> ( <i>only accepts physician referral from Malton Medical Team</i> )	Indiv., couple, & family counselling Also services for: LGBTQ, male survivors of sexual abuse, PAR, family support, employment, adults with developmental disabilities Clients must live or work in the Region of Peel <b>Call during Walk-in Clinic hours:</b> Wed 12-8pm & Sat 9am-12pm (closed holiday weekends)	Services are provided in over 20 languages	Sliding scale fee.	Depending on urgency, between 1-7 months
<b>Family Service Toronto</b>	416-595-9618 <a href="http://www.familyserVICetoronto.org">www.familyserVICetoronto.org</a> <b>Etobicoke locations:</b> LAMP & Rexdale CHC	Currently offering no-cost, single-session phone counselling (Monday to Friday, 9am to 6pm).	All welcome.	Sliding scale fee.	<i>Same day, single-session counselling</i>
<b>Family Transition Place</b>	Orangeville, Caledon/Bolton, Shelburne Tel: 519-941-4357 <b>Crisis Line (24hrs):</b> 519-941-4357 (519-941-HELP) & 905-584-4357 (905-584-HELP) <a href="http://www.familytransitionplace.ca">www.familytransitionplace.ca</a>	Offers individual and group counseling for women (with focus on abuse) Also offer: various abuse support programs, emergency shelter, legal/housing support	Targeted towards those who have experienced abuse	No cost.	

<b>LAMP CHC</b>	Birmingham/Fifth St. – <b>Etobicoke</b> Tel: 416-252-6471 (x. 235) <a href="https://lampchc.org/programs-services/clinical-health-services/mental-health-support/">https://lampchc.org/programs-services/clinical-health-services/mental-health-support/</a>	Drop in hours: Monday 1-4pm & Thursday 1-7pm Short-term counselling & case management, referral to other services if needed. <i>Also the site for a counselor from Family Service Toronto (Call 416-595-9618).</i>	Catchment: The Queensway to Lake Ontario, Etobicoke Creek to Humber Bay Bridge	No cost.	Drop-in initially
<b>MIAG Centre for Diverse Women and Families</b>	<b>Mississauga</b> (3034 Palstan Rd, Suite M3) Tel: (416) 725-1159 <a href="https://miag.ca/services/">https://miag.ca/services/</a>	Indiv., couples, & family counselling offered Mondays only, 9-4pm. Can attend for 6 sessions. Also offer women support services, family/parenting workshops, & seniors program.	English & Spanish. For Peel Region only (Brampton, Caledon, Mississauga)	No cost.	
<b>GP-Psychotherapy</b>	Locations across Ontario <a href="http://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html">www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html</a>	Online search directory of GP psychotherapists who are currently accepting new patients: Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
<b>Polycultural Immigrant &amp; Community Services</b>	<b>Bloor/Islington</b> 416-233-0055 ext. 1237 <b>Sheridan Centre</b> 905-403-8860 ext. 5253 <a href="http://www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling">www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling</a>	Short-term counselling services for children, youth, and adults. Also offer variety of social services (resettlement & refugee, family violence & addiction, women's & family wellness, employment, youth services)	All welcome.	No cost.	Minimal
<b>Punjabi Community Health Services</b>	<b>Brampton:</b> Sunny Meadow Blvd (905-790-0808) <b>Malton:</b> Drew Rd, Mississauga (905-677-0889) <a href="http://pchs4u.com/">pchs4u.com/</a>	Indiv. supportive counselling & case management services; also community support, concurrent disorders group	Language: English, Punjabi, Hindi, Urdu, Malayalam	No cost.	2-3 months
<b>Rexdale CHC</b>	Kipling/Rexdale & Jamestown Hub Tel: 416-744-0066 <a href="https://www.rexdalechc.com/health-care-services/counselling">https://www.rexdalechc.com/health-care-services/counselling</a>	Counselling and case management services  <i>Also the site for a counselor from Family Service Toronto (Can access both via intake telephone number.</i>	Catchment: Hwy 427 to Humber River, Steeles to Dixon Rd	No cost.	2-3 weeks (Feb/21)
<b>Stonegate CHC</b>	The Queensway/Park Lawn Rd Tel: 416-231-7070 <a href="http://www.stonegatechc.org/programs-services/health-services/counselling-services.html">www.stonegatechc.org/programs-services/health-services/counselling-services.html</a>	Individual, couple, and family counselling and case management services; Also offer group services Self-referral, complete: <a href="#">Request for Services Form</a>	Catchment: Kipling to Humber River, Gardiner Expwy to Eglinton	No cost.	3-4 weeks
<b>Thrive Counselling</b>	<a href="http://thrivecounselling.org/">http://thrivecounselling.org/</a> Oakville (905-845-3811) Milton (905-845-3811) Burlington (905-637-5256)	Individual, Couple, and Family counselling offered, short-term model (10 session)		Sliding scale fee	At least 2 mos

#### Other Mental Health Resources for Etobicoke/Mississauga/Peel-Dufferin Region

<b>Telephone &amp; Mobile Mental Health Crisis Support (24-hr)</b>	<b>Crisis Outreach and Support Team (COAST) &amp; CMHA Peel</b> (Telephone support for Peel; Mobile support for Mississauga, Brampton, Caledon) <b>905-278-9036</b>		
	<b>Distress Centre Peel</b> <b>905-278-7208</b>		
	<b>Peel Crisis Capacity Network</b> (Crisis support for individuals (11+) who have developmental disability/dual diagnosis) <a href="http://www.pccn.ca/">www.pccn.ca/</a> <b>905 273-4900</b>		
	<b>Saint Elizabeth Health Care</b> (Mobile Crisis Intervention Team, Etobicoke & North York Region) <b>416-498-0043</b>		
<b>One-Link</b>	<b>Spectra Helpline</b> – English-language services available 24/7 <b>905-459-7777</b> (Brampton & Mississauga) Multilingual helplines open Mon to Fri, 10am – 10pm <b>1-877-298-5444</b> (Caledon)		
	<b>Central intake</b> for most mental health/addiction, case management and supportive housing services in <b>Mississauga-Halton LHIN</b> (including hospital psychiatry referrals, which must be submitted by family physician) Questions: <b>1-844-216-7411</b> <a href="http://www.one-link.ca/">www.one-link.ca/</a>		
<b>Search Tools</b>	<ul style="list-style-type: none"> <li><b>Resource search tool for Central West LHIN (Peel/Dufferin):</b> <a href="http://centralwestcdn.ca/how-get-help-yourself">http://centralwestcdn.ca/how-get-help-yourself</a></li> <li><b>Health Line, Central West Region:</b> <a href="http://www.centralwesthealthline.ca/displayservice.aspx?id=60011">http://www.centralwesthealthline.ca/displayservice.aspx?id=60011</a></li> <li><b>ementalhealth.ca</b> – Canada-wide directory; Also provides general mental health info</li> </ul>		

## Durham Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Carea Community Health Centre</b>	<b>Ajax</b> (905-428-1212) <b>Oshawa</b> (905-723-0036) <a href="http://careachc.ca/Clinical-Services/Counselling">http://careachc.ca/Clinical-Services/Counselling</a>	Indiv., couples, & family counselling.  Also offer group counselling, and Aboriginal counselling & health promotion	All welcome.	No cost.	Less than a month
<b>Catholic Family Services - Durham</b>	<b>Oshawa</b> (905-725-3513) <b>Ajax</b> (905-428-1984) <b>Port Perry</b> (905-985-4221) <a href="http://www.cfsdurham.com/english/counselling_program.html">www.cfsdurham.com/english/counselling_program.html</a>	Indiv., couples, & family counselling.  Intake process done in-person at the Oshawa office (Thursdays from 9am-3pm & last Tuesday of each month from 4-6:30pm)	All welcome.	Sliding scale fee.	Significant delay during pandemic (Apr/21)
<b>Community Care Durham</b>	<b>Ajax/Pickering:</b> Bayly St (Pickering, 905-837-0017) <b>Oshawa/Whitby:</b> Sunray St (Whitby, 905-668-6223) <a href="http://communitycaredurham.on.ca/">communitycaredurham.on.ca/</a>	<b>Indiv. counselling not available.</b> Offer mental health support groups, adult day program, seniors support, caregiver relief/support.	All welcome.	No cost.	Wait varies by location and group.
<b>Durham Mental Health Services</b>	<b>Whitby</b> (519 Brock Street South) Tel: 905-666-0831 <a href="http://dmhs.ca/">dmhs.ca/</a>	Mental health crisis services, family support, case management, advocacy, justice, consumer survivor initiatives, senior support, & residential support	Ages 16+	No cost.	Dependent on program.
<b>Family Services Durham</b>	<b>Whitby, Ajax, Beaverton, Bowmanville, Cannington, Oshawa, Sunderland, Port Perry, Uxbridge</b> Tel: 905-666-6240 x.1 or 1-866-840-6697 x.1 <a href="http://www.durham.ca/en/living-here/counselling.aspx">www.durham.ca/en/living-here/counselling.aspx</a>	Indiv. counselling (up to 12 sessions)	People who live/work in Durham	Sliding scale fee.	8 months (Apr/21)
<b>GP-Psychotherapy</b>	Locations across Ontario <a href="https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html">https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html</a>	Online search directory of GP psychotherapists who are currently accepting new patients: Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
<b>Jeff Packer MSW &amp; Associates</b>	<b>Oshawa</b> (58 Rossland Rd W., Suite 211) Tel: 905-571-7441 Email: <a href="mailto:susan@jeffpacker.com">susan@jeffpacker.com</a> <a href="http://jeffpacker.com/food-4-thought">jeffpacker.com/food-4-thought</a>	Food 4 Thought Thursdays - up to 4 free counselling sessions, between 10am-6pm. Free workshops throughout the year (Thurs. 6:30-8:30pm)	All welcome.	No cost (or donation of non-perishable food item)	

## Other Mental Health Resources for Durham Region

<b>Telephone &amp; Mobile Mental Health Crisis Support (24-hr)</b>	<b>Distress Centre Durham</b> <a href="http://www.distresscentredurham.com">www.distresscentredurham.com</a> <b>905-430-2522; Toll-free: 1-800-452-0688</b> <b>Crisis Access Linkage Line (C.A.L.L.)</b> (Mobile crisis support, available Mon to Fri, 10am to 8pm) <a href="http://dmhs.ca/cause/crisis-response/">http://dmhs.ca/cause/crisis-response/</a> <b>905-666-0483; Toll-free: 1-800-742-1890</b>
<b>Search Tools</b>	<ul style="list-style-type: none"> <li><b>Durham Central Intake</b> (Call between Mon to Thurs, 9am to 8pm, for access to mental health services in Durham) <b>1-888-454-6275</b></li> <li><b>Health Line, Durham Region:</b> <a href="http://www.centraleasthealthline.ca/">http://www.centraleasthealthline.ca/</a></li> <li><b>ementalhealth.ca</b> – Canada-wide directory; Also provides general mental health info</li> <li>Durham Region – General mental health info &amp; service info - <a href="https://www.durham.ca/en/health-and-wellness/mental-health.aspx">https://www.durham.ca/en/health-and-wellness/mental-health.aspx</a></li> <li>Durham Region – Social Services - <a href="https://www.durham.ca/en/regional-government/social-services.aspx">https://www.durham.ca/en/regional-government/social-services.aspx</a></li> </ul>



## East Toronto – OHIP covered, Low-Cost & Walk-in Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Blake Boulton Youth Outreach Service (BBYOS)</b>	<b>41 Blake St (Danforth &amp; Jones)</b> <a href="http://www.bbyos.org">www.bbyos.org</a> (416) 465-1410	Free long-term psychotherapy and counselling to high-risk vulnerable youth (12-25 yrs) and families. Self referrals encouraged.	Mostly residents of Blake-Boulton neighbourhood	No cost	Varies – within a week
<b>Bangladeshi-Canadian Community Services</b>	<b>2899 Danforth Ave (near Victoria Park)</b> <a href="http://www.bangladeshi.ca">www.bangladeshi.ca</a> (416) 699-4484	Individual, couple and family counselling available through Settlement Services Program. No fees.	Immigrants and refugees, focus on Crescent Town area	No cost	Varies
<b>East End Community Centre</b>	<b>Queen &amp; Coxwell area</b> <a href="http://www.eastendchc.on.ca">www.eastendchc.on.ca</a> (416) 778-5858	Counselling psychotherapy available to clients of the centre. Variety of personal health and wellness programs available for free to anyone living in catchment.	Some programs for non-registered residents living in catchment	No cost	Varies
<b>GP – Psychotherapy</b>	<b>Locations across Ontario</b> <a href="http://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html">www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html</a>	Online search directory of GP psychotherapists who are currently accepting new patients. Contact directly to enquire.	All welcome	No cost	Open to new patients or short wait list
<b>Health Access Thorncliffe Park (HATP)</b>	<b>East York Town Centre</b> <a href="http://www.fhc-chc.com/health-access-thorncliffe-park-hatp">www.fhc-chc.com/health-access-thorncliffe-park-hatp</a> (416) 421-6369 part of Flemingdon Health Centre	Mental health counseling available – social work drop-in on Fridays, for current HATP clients. Services are free, no health card required.	Individuals and families who reside in M4H postal code	No cost	Varies – none for drop in
<b>Mennonite New Life Centre</b>	<b>1774 Queen St E (near Kingston Rd)</b> <a href="http://www.mnlct.org">www.mnlct.org</a> (416) 699-4527 (ask for mental health intake assessment)	Short-term supportive counselling for newcomers around stress & trauma. Counselling offered by psychologist in English, Arabic, Farsi, Spanish and Turkish.	Immigrants and refugees	No cost	Wait list varies
<b>Michael Garron Hospital – Outpatient Mental Health</b>	<b>825 Coxwell Ave</b> <a href="http://www.tehn.ca/programs-services/mental-health-addiction">www.tehn.ca/programs-services/mental-health-addiction</a> Intake: (416)469-6310 Dakota Campbell	Time-limited psychotherapy and counselling (6-12 sessions), with psychiatric consultation, available through 2 clinics: Consultation Assessment Time-Limited Treatment (CATT) Program, and Crisis Clinic  <i>Referral from healthcare provider required</i>	Adults – All welcome  Michael Garron Hospital catchment	No cost	Roughly 6-8 weeks
<b>Woodgreen Community Services – Walk in Counselling</b>	<b>815 Danforth Ave, Suite 100</b> <a href="http://www.woodgreen.org">www.woodgreen.org</a> (416) 572-3575	Walk-in Counselling Service <u>Tuesdays</u> and <u>Wednesdays</u> , 4:30-8:30pm, open at 4:00pm, first come first served No referral or health card required. Can return for subsequent sessions.	Adults - All welcome	No cost	None – drop in
<b>Woodgreen–Crisis Outreach Service for Seniors (COSS)</b>	<a href="http://www.woodgreen.org">www.woodgreen.org</a> (416) 217-2077	Crisis Outreach Service for Seniors (COSS) offers a phone line for information, local resources and supportive counselling – can also link to mobile and phone crisis supports as needed	Older adults 55+	No cost	None



East Toronto – Sliding Scale Counselling Services					
Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Affordable Therapy Network of Toronto</b>	<a href="http://www.affordabletherapytoronto.com">www.affordabletherapytoronto.com</a>	A website providing a listing of therapists, workshops and on-line therapists at reduced rates in Toronto, several in East Toronto	All welcome	Reduced (\$65 or less) and sliding scale	Varies by therapist & workshop dates
<b>Beaches Therapy Group</b>	<b>Kingston Rd &amp; Woodbine</b> <a href="http://www.Beachestherapy.ca">www.Beachestherapy.ca</a> (647) 484-8622	Counselling services by psychology associates, psychotherapists and social workers, located in the Beach neighbourhood	All welcome – adults, children, families and couples	50% discount on regular rates for those requiring affordable therapy	Dependent on therapist
<b>East Toronto Therapy</b>	<b>688 Coxwell Ave (at Danforth)</b> <a href="http://www.easttorontotherapy.com">www.easttorontotherapy.com</a> (416) 545-9908	Provides therapy & counselling to individuals, as well as marriage counselling & sex therapy for couples	Adults – all welcome	Reduced rate during daytime, and some sliding scale	Currently short – week(s)
<b>Full Circle Art Therapy Centre</b>	<b>658 Danforth (at Pape)</b> <a href="http://www.fullcircleatc.com">www.fullcircleatc.com</a>	An affordable art therapy center that combines psychotherapy and art to help individuals externalize thoughts and feelings that are difficult to express.	Adults – all welcome	Initial appt \$60 – fees then based on annual income	Varies
<b>The Healing Collective</b>	<b>2005 Danforth Ave (at Woodbine)</b> <a href="http://www.healingcollective.ca">www.healingcollective.ca</a>	Collective of psychotherapists and allied health practitioners offering counselling and therapy. Also provide a range of healing and wellness workshops	Adults and some youth/young adults	Varies depending on service - some sliding scale and reduced rates	Varies by therapist & workshop dates
<b>Open Path Therapy Collective</b>	<a href="http://www.openpathcollective.org">www.openpathcollective.org</a>	A non-profit network of mental health professionals offering steeply reduced rates - also provide wellness courses. Several therapists located in East Toronto, and/or offering on-line therapy	Individuals, couples, children, families in financial need	One time membership fee of \$59. Therapy rates of \$30-60	Varies

## Scarborough Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Community Family Services of Ontario</b> (formerly Chinese Family Services of Ontario)	416-979-8299 Toll Free: 1-866-979-8298 24 hr hotline: 416-979-5898 <a href="https://cfso.care/">https://cfso.care/</a>  Scarborough: 3330 Midland Ave	Individual, couple, family, and group counselling Also offer settlement services, programs for: violence against women, partner assault response (PAR), problem gambling, substance use, LGBTQ, & family Quick access program – 2 appointments only	Languages: English, Mandarin, and Cantonese	No cost for indiv. therapy; fees for some programs/groups	12 weeks for indiv. therapy; Less than 1 month for quick access program
<b>Family Service Toronto</b>	416-595-9618 <a href="http://www.familyserVICetoronto.org">www.familyserVICetoronto.org</a>  Victoria Park Hub location	Indiv., couples, & family counselling Short-term, solution-focused sessions  Also offer: violence against women (VAW), seniors services at this location	Languages: Farsi, Tamil, Spanish, French & English	Sliding scale fee. No cost for VAW & seniors services.	Roughly 3-4 mos, dependent on program
<b>GP-Psychotherapy</b>	Locations across Ontario <a href="http://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html">www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html</a>	Online search directory of GP psychotherapists who are currently accepting new patients:  Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
<b>Mennonite New Life Centre</b>	<a href="http://mnlct.org/mentalhealth/">mnlct.org/mentalhealth/</a>  Queen St. E/Kingston Rd: 416-699-4527	Individual counselling;  Also offer anger management (indiv. & group, low-cost), and other group programming	Languages: English, Spanish, Farsi, Turkish, Arabic	No cost.	Dependent on language; Mid-day appts have shorter wait time
<b>Rosalie Hall</b>	Lawrence/McCowan Rd. 416-438-6880 <a href="mailto:info@rosaliehall.com">info@rosaliehall.com</a>	Indiv., couples, & family counselling Also offer: parenting groups, employment support, child development centre	Pregnant youth & young parents	No cost.	
<b>Scarborough Academic Family Health Team</b>	2901 Lawrence Ave E. Suite 101 416.439.7473 <a href="mailto:info@safht.ca">info@safht.ca</a> <a href="http://www.safht.ca/what.html">http://www.safht.ca/what.html</a>	Short term counselling (8-12 sessions)  Also offer groups, case management, resource finding	All welcome.  <i>**Physician referral required</i>	No cost.	6-8 weeks
<b>Scarborough Centre for Healthy Communities</b>	Markham/Lawrence (416-847-4101) Sheppard/Kennedy (416-297-7490) Eglinton/Brimley (416-640-7391)  <a href="https://www.schcontario.ca/">https://www.schcontario.ca/</a>	Indiv. counselling, may be able to offer couples counselling (no legal issues); also trauma counselling  Also offer: caregiver, seniors, family, & youth services, hospice/bereavement care, sexual assault & domestic violence care centre	Scarborough residents	No cost.	Roughly 1-4 months
<b>Scarborough Women's Centre</b>	Markham/Ellesmere Tel: 416-439-7111 <a href="http://www.scarboroughwomenscentre.ca">www.scarboroughwomenscentre.ca</a>	Indiv. counselling for women dealing with/recovering from abuse & violence. CBT & strengths-based approach	Those who identify as women.	No cost.	1 month
<b>Taibu Community Health Centre</b>	Neilson Rd, North of Sheppard Ave Tel: 416-644-3539 x.242 or email <a href="mailto:rhamlet@taibuchc.ca">rhamlet@taibuchc.ca</a>  <a href="http://www.taibuchc.ca/">www.taibuchc.ca/</a>	3 types of counselling offered: General counselling for adults; general counselling for youth/young adults; & structured CBT (All typically 12-16 sessions) Not able to provide support for PTSD/trauma, or CAS-involvement.	All Malvern area residents (M1A/M1B). Black community across GTA.	No cost.	Not currently accepting referrals for adult services.

Other Mental Health Resources for Scarborough Region		
Telephone & Mobile Crisis Support (24-hr)	<b>Scarborough Hospital Regional Mobile Crisis Team</b> (Scarborough, East York) <b>Toronto Distress Centre</b> (Telephone support)	<b>416-495-2891</b> <b>416-408-4357</b>
Search Tools	<ul style="list-style-type: none"> <li>• <b>Health Line, Scarborough:</b> <a href="https://www.torontocentralhealthline.ca/index.aspx?region=Scarborough">https://www.torontocentralhealthline.ca/index.aspx?region=Scarborough</a></li> <li>• <b>ementalhealth.ca</b> – Canada-wide directory; Also provides general mental health info</li> </ul>	
Access Point	<b>Central intake</b> for applying to most case management and supportive housing agencies in Toronto (including Scarborough, west of Port Union Road) <b>Online Application (can be completed independently, no physician referral required):</b> <a href="http://theaccesspoint.ca/">http://theaccesspoint.ca/</a>	

## York Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Canadian Mental Health Association (CMHA) – York &amp; South Simcoe</b>	Alliston, Aurora, Markham, Newmarket, Vaughan Central Intake: <b>905-841-3977</b> Toll Free: <b>1-866-345-0183 x.3321</b> Email: <a href="mailto:yorkregion@cmha-yr.on.ca">yorkregion@cmha-yr.on.ca</a> <a href="https://cmha-yr.on.ca/">https://cmha-yr.on.ca/</a>	Offer a variety of skills-based groups for individuals with diagnosed serious mental illness	Services primarily for individuals with serious mental illness; Age 16+	No cost.	2-3 months  (Apr 21)
<b>Catholic Community Services of York Region</b>	<b>Main office:</b> 21 Dunlop St, Richmond Hill <b>Other locations:</b> Thornhill, Vaughan, Markham, Aurora, Newmarket, Georgina, Maple, Sutton, & Pefferlaw <b>Central Intake:</b> 905-770-7040 ext. 241 Toll free: 1-800-263-2075 <a href="https://www.ccsyr.org">https://www.ccsyr.org</a>	Ongoing individual counselling, as well as single-session counselling.  Also offer group programs & workshops	Languages: English, Spanish, Farsi, Cantonese and Mandarin.  Open to York residents.	Sliding scale fee (won't turn anyone away)	2 months for ongoing, can access single-session in interim (2-3x)  (Apr 21)
<b>Community Family Services of Ontario</b>	416-979-8299 Toll Free: 1-866-979-8298 24 hr hotline: 416-979-5898 <a href="https://cfso.care/">https://cfso.care/</a>  <b>Richmond Hill</b> location: 15 Wertheim Court	Individual, couple, family, and group counselling Also offer settlement services, programs for: violence against women, partner assault response (PAR), problem gambling, substance use, LGBTQ, & family	Services provided in English, Mandarin, & Cantonese	No cost for indiv. therapy; fees for some programs/groups	6 months for indiv. therapy  (Apr 21)
<b>COSTI Immigrant Services</b>	Sheridan Mall, 416-244-7714 Vaughan Centre, 905-669-5627 (only offer English & Italian at this location) <a href="http://www.costi.org/programs/family.php">www.costi.org/programs/family.php</a>	Indiv. & family counselling Also offer: psychiatry, support group for women diagnosed with depression; violence against women support, PAR program	Languages: Spanish, English, and Italian	Sliding scale fee.	English: 7-8 mos Spanish & Italian: 8-9 mos Psychiatry: 1 year
<b>Family Services York Region</b>	<b>Newmarket</b> (905-895-2371) <b>Markham</b> (905-415-9719) <b>Richmond Hill</b> (905-883-6572) <b>Georgina</b> (Sutton West; 905-476-3611) <a href="http://fsyr.ca/">fsyr.ca/</a>	Indiv., couples, & family counseling (up to 12 sessions) Also offer some virtual group programming (men, women, children, language/culturally specific); LGTBTTQ indiv. & group support  Complete online self-referral.	Languages: English, Cantonese, Farsi, Gujarati, Hindi, Korean, Mandarin, Punjabi, Spanish, Tamil, Urdu, French	Sliding scale fee (based on income)	2-3 weeks for intake call, then waitlist could be 2-3 months  (Apr 21)
<b>GP-Psychotherapy</b>	Locations across Ontario <a href="https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html">https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html</a>	Online search directory of GP psychotherapists who are currently accepting new patients:  Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
<b>Jewish Family and Child</b>	York Branch - <b>Bathurst/Rutherford</b> Tel: 416-638-7800 <a href="http://www.jfandcs.com">www.jfandcs.com</a>	Indiv., couples, & family counselling Also offer groups & workshops	All welcome. No religious affiliation	Sliding scale fee.	12-14 weeks
<b>Krasman Centre</b>	<b>Newmarket, Alliston, Richmond Hill</b> <b>24/7 Peer Support:</b> 1-888-777-0979 <a href="http://krasmancentre.com/">http://krasmancentre.com/</a>	Offers peer support counselling on a walk-in basis, (support with addictions, mental health, & housing).	York Region.	No cost.	Walk-in.

## York Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Vaughan Community Health Centre</b>	<b>Jane/Rutherford</b> Tel: 905-303-8490 <a href="http://vaughanhealthcarehc.com/">vaughanhealthcarehc.com/</a>	Indiv. counselling, Also offer group programming (anxiety group, caregiver support group)	Open to York region.	No cost.	Unknown.
<b>Women's Centre of York Region</b>	<b>Newmarket</b> Toll Free: 1-855-853-9270 Central Intake: 905-853-9270 x. 111 <a href="http://www.wcyr.ca/">http://www.wcyr.ca/</a> <i>Call Central Intake on Thurs mornings (10am-12pm)</i>	Indiv. counselling for women who have experienced abuse Also offer: Transitional support counselling for women leaving abusive relationship; group programming (wellness, employment & financial empowerment)	Women (18+). Resident of York Region.	No cost.	4 months.

## Other Mental Health Resources for York Region

<b>Telephone &amp; Mobile Mental Health Crisis Support (24-hr)</b>	<b>1-855-310-COPE (2673) or (TTY) 1-866-323-7785</b> (York Region & South Simcoe; phone support to North York) <b>Krassman Centre 24/7 Peer Support Phone Line</b>				
	<a href="http://www.yssn.ca/Crisis-Response-Services">http://www.yssn.ca/Crisis-Response-Services</a> <b>1-888-777-0979</b>				
<b>Streamlined Access</b>	<b>Central intake</b> point for applying to mental health case management, community support, and supportive housing agencies in York Region <a href="http://www.yssn.ca/streamlined-access">www.yssn.ca/streamlined-access</a> <b>Tel: 289-340-0348</b> <b>Toll Free: 1-844-660-6602</b> (You can call Mon to Fri, 8:30am - 4:30 pm) <b>Online Application:</b> <a href="https://streamlinehub.yssn.ca/referralForm_0.php">https://streamlinehub.yssn.ca/referralForm_0.php</a>				
<b>Search Tools for York Region</b>	<ul style="list-style-type: none"> <li>• <b>One Stop Shop Directory:</b> <a href="http://onestopdirectory-yr.ca/">onestopdirectory-yr.ca/</a></li> <li>• <b>York Region on a Budget</b> (info re: local community resources): <a href="http://bit.ly/York_Budget">bit.ly/York_Budget</a></li> <li>• <b>Health Line, York Region:</b> <a href="http://www.centralhealthline.ca/index.aspx?region=YorkRegion">www.centralhealthline.ca/index.aspx?region=YorkRegion</a></li> <li>• <a href="http://ementalhealth.ca">ementalhealth.ca</a> – Canada-wide directory; Also provides general mental health info</li> </ul>				