

### 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>Tuesdays</b> 9am to 7pm  North: <b>Thursdays</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>Monday to Friday</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>Tuesdays</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>Tuesdays</b> and <b>Thursdays</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. **Also have drop-in groups and peer support.
<b>What's Up Walk-In Services</b> Multiple locations across Toronto	<b>**For children, youth, young adults, &amp; their families.</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>Tuesdays</b> and <b>Wednesdays</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>Thursdays</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>
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