

Free/Minimal Cost Counselling Services			*self-referral unless otherwise noted	
Organization	Contact Information	Service Details	Population	Wait-time
Aberfoyle Health Centre	(416) 231-7968 1 Eva Road, Etobicoke	Ongoing indiv. counselling; psychotherapy & psychiatry available, incl. ADHD specialist. **Still requiring in-person appointments <i>Physician referral required.</i>	All welcome. No catchment.	3-4 months (Apr/21)
Abrigo Centre	1645 Dufferin Street (Dufferin/St. Clair) 416-534-3434 http://www.abrigo.ca/	Offer numerous services to English and Portuguese speaking individuals, including indiv. counselling Open intake by phone or drop-in service for counselling, Mon to Fri, 1-3pm	All welcome. Some Portuguese-specific services	Same day for initial appt.
Anishnawbe Health Centre	www.aht.ca 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.
Catholic Family Services	www.cfstoronto.com 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 **Sliding scale fee (whatever you can pay)	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>
Centre for Men and Families	Carlton/Sherbourne 647-479-9611 or 1-844-900-CCMF (2263) menandfamilies.org/toronto/	Individual counselling Also offer peer support group, mindfulness, parenting, domestic abuse & trauma support	All welcome for indiv. therapy	Unknown
Christian Counselling Services	Yonge/Carleton & North York 416-489-3350 admin@christiancounsellingservices.com christiancounsellingservices.com/	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)
COSTI Immigrant Services	Sheridan Mall, 416-244-7714 Vaughan Centre, 905-669-5627 (only offer English & Italian at this location) costi.org/programs/family.php	Indiv. & family counselling Also: psychiatry, women's support group for depression; violence against women support, PAR program **Sliding scale fee.	All welcome. Languages: Spanish, English, Italian	English: 7-8 mos Spanish & Italian: 8-9 mos Psychiatry: internal referrals only
Family Service Toronto	416-595-9618 https://familyservicetoronto.org/our-services/virtual-workshops-and-groups/	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>
GP-Psychotherapy	Locations across Ontario www.md-pac.ca/cgi/page.cgi/Public/fin-d-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients.	All welcome.	Dependent on each therapist
Jewish Family and Child	416-638-7800 x.6234 www.jfandcs.com Bloor/Spadina, Bathurst/Sheppard, Bathurst/Rutherford	Indiv., couples, & family counselling – incl. CBT Also offer CBT service (CBT-trained counsellors) Also offer groups & workshops **Sliding scale fee (whatever you can pay)	All welcome. No religious affiliation	3-4 months

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Medical Clinic for Person-Centred Psychotherapy	2040 Sheppard Ave E. 416-229-2399 www.medicalpsychclinic.org	GP-Psychotherapy (indiv. & group) Physician referral required (referral form on website)	All welcome.	Up to 6 weeks for intake, no guarantee for acceptance
Mennonite New Life Centre	Queen E/Kingston Rd: 416-699-4527 Keele/Wilson: 647-776-2057 Victoria Park/Finch: 416-291-3248 mnlct.org/mentalhealth/	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
Mood Disorders Association of Ontario (MDAO)	36 Eglinton Ave W #602 (Yonge/Eglinton) https://mooddisorders.ca/ To access drop-in services: 1-866-363-6663 For general info: 416-486-8046	Phone/virtual support options, including individual and group peer support, and individual counselling. Ongoing individual peer support or counselling: https://docs.google.com/forms/d/e/1FAIpQLSf4fD5YZmD92fnocDV6k8ee8uLs02S53Pw3CoaXz5nw3KWepg/viewform	All welcome.	For ongoing counselling, 8 weeks
Polycultural Immigrant & Community Services	Bloor/Islington (Etobicoke) 416-233-0055 ext. 1237 Sheridan Centre (Mississauga) 905-403-8860 ext. 5253 www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling	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.
Stella's Place	Queen/Spadina 416-461-2345 stellasplace.ca/ Self-referral, you must attend intake: Thursdays at 3pm (1 st come 1 st 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
TPS&I (Toronto Psychoanalytic Society & Institute)	Locations across Toronto torontops psychoanalysis.com/finding-therapy/ Contact therapist directly.	Individual therapy, using psychoanalytic approach For more information on psychoanalytic psychotherapy, visit their website Dependent on professional. MDs are OHIP-covered.	All welcome.	Dependent on each therapist.
TS Medical Centre	Bloor/Bathurst (692 Euclid Ave) 416-901-9020 ext. 20, or contact therapist directly www.tsmedicalcentre.com	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.
Women's Health in Women's Hands	Yonge/Carlton 416-593-7655 ext. 4912 info@whiwh.com www.whiwh.com/mental-health-services	Individual therapy: up to 15 weekly sessions Priority to: HIV+ women, pre/post-natal (1-yr), ages 16-25, & transgendered. Also offer various groups	Racialized women	6 months
Woodgreen Community Services	Pape/Danforth 416-572-3575 www.woodgreen.org	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	
Affordable Therapy Network of Toronto	www.affordabletherapytoronto.com 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.	
Centre for Interpersonal Relationships	Bay/College 1-855-779-2347 cfir.ca/LowFeeServices.php 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.	
Centre for Training in Psychotherapy	Locations across Toronto. 416-964-7919 http://ctp.net/ctp-referral-service	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.	
Gestalt Student Clinic	Gerrard/Parliament (417 Parliament St.) 416-964-9464 ext.18 gestalt.on.ca/low-cost-therapy-clinic Also private offices 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 website for more info on Gestalt approach	All welcome. 13 languages	Student therapist: \$40/session	1-2 weeks	
Hard Feelings	Bloor/Ossington 416-792-4393 www.hardfeelings.org	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.	
OISE Psychology Clinic	252 Bloor St. W (Bloor/St. George) Adult Intake Line: 416-978-0654 www.oise.utoronto.ca/psychservices/	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	
Open Path Collective	https://openpathcollective.org 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.	
Ontario Psychotherapy and Counselling Referral Network	Bloor/Spadina 416-920-WELL (9355) referrals.psychotherapyandcounseling.ca/toronto-psychotherapist-counselor	Student therapists (4 th & 5 th yr) – psychodynamic approach primarily - Free 1 st 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	
Toronto Institute for Relational Psychotherapy	Locations across Toronto www.tirp-lowcost-therapy.ca 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 website	All welcome.	Student therapist: \$25, Senior/couples therapist: \$40-80	Dependent on each therapist.	
Inkblot Therapy	InkblotTherapy.com - Online video counselling with registered psychotherapists Matched to therapist based on needs/concerns. <i>**Most insurance plans are accepted</i>			Cost: \$37.50/30 min. session (1 st session is free); can book 30-, 60-, or 90-min sessions	Minimal wait, depending on your availability	