

Etobicoke/Mississauga/Peel-Dufferin Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Aberfoyle Health Centre	(416) 231-7968 1 Eva Road, Etobicoke	Ongoing indiv. counselling (limited to once/wk); psychotherapy & psychiatry available, incl. ADHD specialist. **Still requiring in-person appointments <i>Physician referral required.</i>	All welcome.	No cost.	3-4 months (Apr/21)
Bloom Clinic	40 Finchgate Blvd. Suite 224, Brampton Tel: 905-451-4914 www.bloomclinic.ca/	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
Catholic Family Services of Peel-Dufferin	https://cfspd.com/services/ Mississauga (Huronario/Hwy 403, 905-897-1644 x.112) Brampton, Caledon, Orangeville	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 & leave message</i>	All welcome. No religious affiliation to counselling.	Sliding scale fee based on income (flexible)	2-4 months (Feb/21)
CMHA Peel Dufferin Branch	Brampton (7700 Hurontario), Etobicoke, Caledon, Orangeville sites Central Intake: 905-451-2123 https://cmhapeeldufferin.ca/programs-services/mental-health-counselling/	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
East Mississauga Community Health Centre (part of LAMP CHC)	Dixie Road/Dundas St. E - Mississauga Tel: 905-602-4082 x.456 eastmississaugachc.org/programs-services/community-social-support-programs/social-work 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 Catchment: Toronto border to Hurontario St, Matheson Blvd to the lakeshore Priority population: 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)
Family Services of Peel	Central Intake: 905-453-5775 fspeel.org/ Mississauga (Huronario/Hwy 403) Brampton office (Clark/West Drive, Ste 201) Malton office (<i>only accepts physician referral from Malton Medical Team</i>)	Indiv., couple, & family counselling Also services for: LGBTTQ, male survivors of sexual abuse, PAR, family support, employment, adults with developmental disabilities Clients must live or work in the Region of Peel Call during Walk-in Clinic hours: 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
Family Service Toronto	416-595-9618 www.familyserVICEToronto.org Etobicoke locations: 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>
Family Transition Place	Orangeville, Caledon/Bolton, Shelburne Tel: 519-941-4357 Crisis Line (24hrs): 519-941-4357 (519-941-HELP) & 905-584-4357 (905-584-HELP) www.familytransitionplace.ca	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.	

LAMP CHC	Birmingham/Fifth St. – Etobicoke Tel: 416-252-6471 (x. 235) https://lampchc.org/programs-services/clinical-health-services/mental-health-support/	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
MIAG Centre for Diverse Women and Families	Mississauga (3034 Palstan Rd, Suite M3) Tel: (416) 725-1159 https://miag.ca/services/	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.	
GP-Psychotherapy	Locations across Ontario www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	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
Polycultural Immigrant & Community Services	Bloor/Islington 416-233-0055 ext. 1237 Sheridan Centre 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 cost.	Minimal
Punjabi Community Health Services	Brampton: Sunny Meadow Blvd (905-790-0808) Malton: Drew Rd, Mississauga (905-677-0889) pchs4u.com/	Indiv. supportive counselling & case management services; also community support, concurrent disorders group	Language: English, Punjabi, Hindi, Urdu, Malayalam	No cost.	2-3 months
Rexdale CHC	Kipling/Rexdale & Jamestown Hub Tel: 416-744-0066 https://www.rexdalechc.com/health-care-services/counselling	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)
Stonegate CHC	The Queensway/Park Lawn Rd Tel: 416-231-7070 www.stonegatechc.org/programs-services/health-services/counselling-services.html	Individual, couple, and family counselling and case management services; Also offer group services Self-referral, complete: Request for Services Form	Catchment: Kipling to Humber River, Gardiner Expwy to Eglinton	No cost.	3-4 weeks
Thrive Counselling	http://thrivecounselling.org/ 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

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