

## 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>Crisis Access Linkage Line (C.A.L.L.)</b> (Mobile crisis support, available Mon to Fri, 10am to 8pm)	<b>905-430-2522; Toll-free: 1-800-452-0688</b> <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)</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>	<b>1-888-454-6275</b>