

## 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.

<b>Other Mental Health Resources for Scarborough Region</b>		
<b>Telephone &amp; Mobile Crisis Support (24-hr)</b>	<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>
<b>Search Tools</b>	<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>	
<b>Access Point</b>	<p><b>Central intake</b> for applying to most case management and supportive housing agencies in Toronto (including Scarborough, west of Port Union Road)</p> <p><b>Online Application (can be completed independently, no physician referral required):</b> <a href="http://theaccesspoint.ca/">http://theaccesspoint.ca/</a></p>	