



A virtual team for primary care providers

## Patient Resource Guide for Mental Health Support

Accessing the right mental health care can be an overwhelming or difficult process if you aren't sure what you need or what is available. This guide can help you navigate options for mental health support, and also consider what might be the best form of support to fit your needs.

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## I'm interested in therapy. What are my options? Some things to consider when finding the right option for you...

### Are you able and willing to pay for private therapy?

- You can use the following online directories to search for a therapist:  
[PsychologyToday.com](http://PsychologyToday.com), [PsychotherapyMatters.com](http://PsychotherapyMatters.com), or [PsychotherapyOntario.org/find-a-therapist](http://PsychotherapyOntario.org/find-a-therapist)
- **Green Space** ([greenspacehealth.ca](http://greenspacehealth.ca)) and **Layla** ([www.layla.care](http://www.layla.care)) are online services that provide assistance to directly connect you to a private therapist that best matches your needs.

### "I think I could pay, but not \$200 per session." Are there ways to cut down on the cost?

- Some therapists offer **sliding scale rates** – you can inquire directly with private therapists about their rates
- Consider the difference between the **type of professional** – registered psychotherapists & registered social workers will offer lower rates than psychologists (see FAQs on page 3)
- **Student or intern therapists** often charge a reduced rate. If they are registered with a professional college, they may also be covered by employee benefits.
- Online **video counselling** can cost about half the rate of in-person therapy.
- Therapist-assisted digital therapy (iCBT) provides an affordable & easily accessible alternative to in-person therapy. Currently, there are many OHIP-covered online programs (visit page 5 for options).

### Some other things to consider ...

#### Are you a student?

Most universities/colleges offer OHIP-covered psychiatric and counselling support, so it's a good option to start with if you can. To see what services your school offers, visit the school website and [Real Campus Student Assistance Program](#).

- You can also call **Good2Talk** (1-866-925-5454) – a free, confidential, 24/7 helpline for post-secondary students, providing professional counselling as well as information and referrals for mental health support.
- Or search for services at [mythoughtspot.ca](http://mythoughtspot.ca) – a live map developed by students for students, for finding health, mental health and wellness services in Toronto and the GTA.

#### Do you/your partner/your parent(s) work?

##### You might have access to EAP...

- Many employers offer short-term counselling via an **Employee Assistance Program (EAP)** or **Employee and Family Assistance Program (EFAP)**
- This service is completely confidential and usually available to you and your immediate family members.
- Typically offer immediate phone/online-messaging counselling as well as ongoing (short-term) in-person counselling. They may also offer online resources/groups.
  - **Tip:** There is usually a limit to the number of sessions you can have within a certain timeframe or regarding a specific issue. You may be able to access the service again (often with the same counsellor) once the timeframe has ended or to discuss a different issue.

##### You might be able to use insurance benefits to cover therapy...

- Typically, employees who receive insurance benefits will have some coverage that includes registered psychotherapists, social workers, and/or psychologists. Be sure to check what type of services your benefits cover to make sure you connect with the right professional.

 Check with HR or your employee insurance benefits provider for more information.

Are none of these options available to you? Take a look at the list of free or low-cost services.

## Frequently Asked Questions

### What's the difference between social workers, psychotherapists, psychologists, and psychiatrists?

**Psychiatrist:** This professional group has a medical degree and specialty training in psychiatry and, unlike most psychotherapists, can prescribe medication. While psychiatrists are trained in psychotherapy, they typically see patients for diagnostic assessment and treatment recommendations and most do not offer ongoing therapy unless this is a part of their practice. As medical doctors, they are OHIP-covered.

**Psychologist:** This professional has a PhD in psychology (>9 years of university education & 1 year of supervised practice). In addition to performing talk therapy, they have training in psychological testing and diagnostic assessments. Even though psychologists have a PhD, their fees are not covered by OHIP, and they cannot prescribe medication. If they work within a community agency or hospital, their services may be covered.

**Psychotherapist:** This is an umbrella term for any professional who is trained to treat people for their emotional problems. In Ontario, psychotherapists must be registered with the Ontario College of Registered Psychotherapists or another regulatory college.

**Social Worker:** Social workers can work in a variety of settings, and many practice psychotherapy. Their education/training is clinical (although with fewer years of training than a psychologist). Their education usually includes a Master's degree (MSW) and they are registered with the Ontario College of Social Workers and Social Service Workers. They often emphasize the individual in their environment during treatment, and they do not provide psychological testing.

**GP Psychotherapist:** This is a family doctor with some level of training in psychotherapy. Since they are medical doctors, their services are OHIP-covered.

### What are sliding scale fees/rates and when does it make sense to use them?

- Sliding scale rates provide some flexibility in the cost of therapy to individuals who aren't able to pay the regular rate.
- Fees can range from whatever you are able to pay (typically community organizations) to **a rate based on your household income, which will require a "proof of income".**
- As a very general rule, for community organizations who offer sliding scale "based on income" - if you make around \$100,000, you'll pay \$100/session – so it might make more sense for you to choose a private therapist at a similar rate (with a shorter wait time). Sliding scale fees for private therapy are typically closer to their regular rates.

### Can single-session counselling really help?

Single-session counselling has been found to have a positive impact for many people because they get the help they want when they most need it. Walk-In counselling has been proven to decrease emotional distress in the short-term, and may have positive long-term impact as well. Single-session counselling allows you to discuss your concerns and collaborate with the counsellor to improve your personal insight, access healthy emotional resources and develop useful coping strategies. (Adapted from Family Service Toronto)

### What is peer support? Is it right for me?

Peer support can be emotional and/or practical support between two people who share a common experience, such as a mental health challenge, illness, or difficult life experience, like the loss of a loved one. A peer support worker has lived through that similar experience, and is trained to support others. Both one-on-one and group peer support have shown positive impacts on reducing symptoms while also increasing a sense of self-efficacy, social support, ability to cope with stress, and quality of life. Peer support brings empathy, respect, and social inclusion into support for personal growth and recovery during a difficult time in your life.

### Still have questions about accessing therapy and how it all works? The following resources can help.

- Questions to ask when choosing a therapist - [http://www.therapyreferral.org/interviewing\\_a\\_therapist.php](http://www.therapyreferral.org/interviewing_a_therapist.php)
- The CHOICE-D Patient and Family Guide to Depression Treatment - <http://www.canbind.ca/education-outreach/public-resources/choice-d-guide-depression-treatment-options/>

## For more resources, you can visit:

- **UHN Patient and Family Resource Guides:**  
[https://www.uhn.ca/PatientsFamilies/Health\\_Information/Health\\_Topics/Pages/Health-Topic-Details.aspx?itemId=98&resource=Community%20Resources](https://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Pages/Health-Topic-Details.aspx?itemId=98&resource=Community%20Resources)
- **CAMH - Community Resource Guides:** <https://www.camh.ca/en/health-info/guides-and-publications/community-resource-sheets>

## Service Finders

Service finders are websites that provide support in finding mental health, medical health, and community/social services that best fit your needs. They often offer confidential phone and online chat support in addition to the online search tool.

- **[ConnexOntario.ca](#)** – 1-866-531-2600  
They provide an online search tool and 24/7 telephone or online chat support for help with addiction, mental health, & problem gambling resources.
- **[mentalhealth.ca](#)** - Canada-wide directory and search tool for mental health resources. Also provides general mental health information.
- **[211Toronto.ca](#)** - Directory and search tool for community and social services in Toronto, and Durham, Peel, and York Region. You can also call 2-1-1 for free, confidential, 24/7 support with resources
- **[thehealthline.ca](#)** - Directory and search tool for health care and community resources across Ontario
- **Sunnybrook Family Navigation Project**  
1-800-380-9367    [sunnybrook.ca/content/?page=family-navigation-project](http://sunnybrook.ca/content/?page=family-navigation-project)  
Provides support in navigation of the mental health and addictions service system for **youth aged 13-26 and their families**, with complex needs, who live in Toronto and GTA
- **Toronto Seniors Helpline (Community Navigation and Access Program)** - [cnap.ca/](http://cnap.ca/)  
416-217-2077 or 1-877-621-2077  
A single point of access for seniors and caregivers to receive information and access to community, home, and crisis services.

## Private Therapy

- **GreenSpace** - [www.greenspacehealth.ca](http://www.greenspacehealth.ca) - After completing an online questionnaire about your concerns and needs, a case manager will work to connect you directly with a private therapist (cost ranging \$100-250/session). The service is free and confidential.
- **Layla** - [www.layla.care](http://www.layla.care) **1-888-695-2952** – After a brief questionnaire and phone call, you'll be matched with a therapist based on best fit. All therapists charge \$130/session and are covered by most insurance plans.
- Or you can search an online directory to find a private therapist:
  - [PsychologyToday.com](http://PsychologyToday.com)
  - [PsychotherapyOntario.org/find-a-therapist](http://PsychotherapyOntario.org/find-a-therapist)
- **Psychotherapy Matters** - [PsychotherapyMatters.com](http://PsychotherapyMatters.com) - All therapists registered with this service have access to psychiatry and can facilitate an assessment with potential follow-up for their clients.

## Online Mental Health Programs

Including some therapist support	Self-guided
<p><b>AbilitiCBT</b> by Morneau Shepell - <a href="http://ontario.abiliticbt.com">ontario.abiliticbt.com</a></p> <ul style="list-style-type: none"> <li>In this program, you work through 10 structured modules, at your own pace, while a dedicated therapist monitors your progress: each module contains activities, videos and assignments to help you learn, develop and practice new skills.</li> <li>There are scheduled check-ins along the way: you connect with your therapist by phone/video/chat.</li> </ul> <p><b>BEACON</b> - <a href="http://mindbeacon.com/ontario">mindbeacon.com/ontario</a></p> <ul style="list-style-type: none"> <li>This is a therapist-assisted, digital CBT (TAiCBT) service. It includes unlimited online messaging with a dedicated therapist and access to CBT therapy for 12 weeks, as well as unlimited access to materials for one year.</li> </ul> <p><b>BounceBack</b> - <a href="http://www.bouncebackontario.ca">www.bouncebackontario.ca</a>; 1-866-345-0224</p> <ul style="list-style-type: none"> <li>BounceBack is a free CBT-based skill-building program where a coach helps support you <b>over the phone</b> in working through a series of workbooks based on your concerns.</li> <li><b>Referral process:</b> GP referral is preferred, but you can also self-refer online. No catchment.</li> </ul> <p><b>Mind Relief</b> - <a href="https://www.mindrelief.ca/">https://www.mindrelief.ca/</a></p> <ul style="list-style-type: none"> <li>Online CBT and/or DBT therapy program. Consists of 20-min therapy appointments, with personalized psychotherapy materials to complete between sessions.</li> <li><b>Referral process:</b> Self-referral or physician referral, both can be completed on website above.</li> </ul> <p><b>TeleCBT</b> - <a href="https://telecbt.ca/">https://telecbt.ca/</a> - Phone: 888-468-6178 - ext. 1</p> <ul style="list-style-type: none"> <li>OHIP-covered, CBT-informed, virtual or phone-based, individual psychotherapy</li> <li>Wait time: roughly 2-3 months</li> <li>Self-referral or physician referral.</li> <li>For self-referral, book intake appointment at: <a href="https://app.telecbt.ca/booking/steps/product/">https://app.telecbt.ca/booking/steps/product/</a></li> </ul> <p><b>Wellness Together Canada</b> - <a href="https://ca.portal.gs/">https://ca.portal.gs/</a> - 1-866-585-0445</p> <ul style="list-style-type: none"> <li>Created by the Government of Canada, this platform provides free, online resources &amp; tools for Canadians</li> <li>Offer same-day, single session phone counselling (available 24/7, for 1 years+). Following this initial call, you may be referred to multi-session counselling (up to 3 additional sessions) with a dedicated therapist. <b>Call anytime.</b></li> <li>Phone counselling for youth (provided through Kids Help Phone): 1-888-668-6810</li> <li>Peer support warmline: 1-888-768-2488</li> <li><b>NEED IMMEDIATE SUPPORT?</b> If you are in crisis or require support right away: <ul style="list-style-type: none"> <li><b>Youth:</b> Text WELLNESS to 686868</li> <li><b>Adults:</b> Text WELLNESS to 741741</li> </ul> </li> </ul>	<p><b>Anxiety Canada</b> - <a href="http://www.anxietycanada.com">www.anxietycanada.com</a></p> <p>Online library of free, downloadable CBT worksheets to help you understand anxiety and learn strategies to tolerate and manage anxiety. They also offer a self-guided course, <b>My Anxiety Plan</b> (<a href="http://maps.anxietycanada.com">maps.anxietycanada.com</a>), with a version for Adults and Children/Teens.</p> <p><b>CCI Self-Help Resources for Mental Health</b> - <a href="http://www.cci.health.wa.gov.au/Resources/Looking-After-Yours">www.cci.health.wa.gov.au/Resources/Looking-After-Yours</a></p> <p>Free workbooks for a range of concerns, including: Anxiety, Panic, Self-Compassion, &amp; Worry and Rumination</p> <p><b>CIMHS (Centre for Interactive Mental Health Solutions)</b> - <a href="http://www.cimhs.com">www.cimhs.com</a></p> <p>Free online therapy program for depression, using CBT skills.</p> <p><b>Mood Gym</b> - <a href="http://www.moodgym.com.au">www.moodgym.com.au</a></p> <p>Interactive online self-help program that teaches CBT skills to manage symptoms of depression and anxiety. Subscription is \$40/year.</p> <p><b>Phone apps:</b></p> <p><b>CBT-skills:</b></p> <ul style="list-style-type: none"> <li><b>Mindshift</b> (Developed by Anxiety Canada) Free</li> <li><b>Sanvello</b> (<i>formerly Pacifica</i>)</li> <li><b>What's Up</b></li> </ul> <p><b>Mindfulness:</b></p> <ul style="list-style-type: none"> <li><b>Calm</b> (also <a href="http://www.calm.com">www.calm.com</a>)</li> <li><b>Headspace</b> (<a href="http://www.headspace.com">www.headspace.com</a>)</li> <li><b>Insight Timer</b></li> </ul>

Single-session Counseling Clinics ( <i>now phone/video-based</i> )			
<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 Service 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 and Thursdays</b> , 3-5pm (last arrival 4:30pm)	416-461-2345 <a href="http://stellasplace.ca/programs">stellasplace.ca/programs</a> <a href="mailto:connect@stellasplace.ca">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>Wellness Together Canada</b>	<b>Available 24/7</b>	<b>Adults:</b> 1-866-585-0445 <b>Youth:</b> 1-888-668-6810 <a href="https://ca.portal.gs/">https://ca.portal.gs/</a>	<ul style="list-style-type: none"> <li><b>Free:</b> Same-day, single session phone counselling</li> <li>Peer support warm line: 1-888-768-2488 (3-7pm, 7 days/week)</li> <li><b>NEED IMMEDIATE SUPPORT?</b> <ul style="list-style-type: none"> <li><b>Youth:</b> Text WELLNESS to 686868</li> <li><b>Adults:</b> Text WELLNESS to 741741</li> </ul> </li> <li>Also offer free online resources &amp; tools</li> </ul>
<b>What's Up Walk-In Services</b> Multiple locations across Toronto	<b>Call 1-866-585-6486</b> <b>Monday to Friday 9AM – 7PM, Saturday 10AM — 4PM (last sessions at 3PM).</b>		<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 and 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.

Urgent Phone Support				
<b>The Warm Line (Mental Health Helpline)</b> Operated by peers who have lived with mental illness	Open 8pm-12am, 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>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	
<b>Gerstein Centre</b> Crisis phone support, also offer mental health crisis beds	Available 24/7	416-929-5200		

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, <b>Etobicoke</b>	Ongoing individual counselling (incl. CBT & general therapy); psychotherapy & psychiatry available <b>**Still requiring in-person appointments for new patients</b> <i>Physician referral required.</i>	All welcome. No catchment.	2-3 months for Psychotherapist, 4+ months for Psychiatrist (Feb/22)
Abrigo Centre	1645 Dufferin Street (Dufferin/St. Clair) 416-534-3434 <a href="http://www.abrigo.ca/">http://www.abrigo.ca/</a>	Offer numerous services to English and Portuguese speaking individuals, including indiv. counselling Open intake for counselling by phone Mon to Fri, 9-5pm	All welcome. Some Portuguese-specific services	Same day for initial appt. Follow-up (if needed), no more than 2 weeks' wait
Anishnawbe Health Centre	<a href="http://www.aht.ca">www.aht.ca</a> Jarvis/Gerrard (416-920-2605) 213 Carlton St. (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	<a href="http://www.cfstoronto.com">www.cfstoronto.com</a> 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 Cost: Sliding scale fee (whatever you can pay) <b>**English &amp; Spanish avail. (Central and North Offices). French avail (North), Tagalog avail. (Central)</b>	All welcome. Languages: English, Spanish, Tagalog, French**	6+ months (May/22) <i>Can access walk-in once/month while on wait list</i>
Centre for Men and Families	<b>Carlton/Sherbourne</b> 647-479-9611 or 1-844-900-CCMF (2263) <a href="http://menandfamilies.org/toronto/">menandfamilies.org/toronto/</a>	Individual counselling available to men and women. Offer a shelter for men and children who experience domestic abuse. Also offer range of men's support groups.	All welcome for indiv. therapy	4-6 months wait for indiv. therapy, group wait shorter (Jan/22)
Christian Counselling Services	<b>Yonge/Carleton</b> 416-489-3350 x200 <a href="mailto:admin@christiancounsellingservices.com">admin@christiancounsellingservices.com</a> <a href="http://christiancounsellingservices.com/">christiancounsellingservices.com/</a>	Indiv., couples, & family counselling (primarily virtual/phone). No specific limit to # of sessions. Sliding scale fees - Senior counsellors: \$75+; Interns: \$0-100). They accept third-party insurance benefits	All welcome, some religious components to services	1-2 weeks for general request (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) <a href="http://costi.org/programs/family.php">costi.org/programs/family.php</a>	Indiv. & family counselling **Sliding scale fee. Also: violence against women support ( <b>no wait time, no cost</b> ), PAR program; Counselling for those with refugee status (Farsi, Arabic, Urdu, & Hindi)	All welcome. Languages: Spanish, English, Italian	1 year for general counselling
Family Service Toronto	416-595-9618 <a href="https://familyservicetoronto.org/our-services/virtual-workshops-and-groups/">https://familyservicetoronto.org/our-services/virtual-workshops-and-groups/</a>	Currently offering no-cost, single-session phone counselling (Monday to Friday, 9am to 5pm). 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- First come first serve basis, Call at 9am</i>
GP-Psychotherapy	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.	All welcome.	Dependent on each therapist

Free/Minimal Cost Counselling Services				*self-referral unless otherwise noted
Organization	Contact Information	Service Details	Population	Wait-time
<b>Jewish Family and Child</b>	416-638-7800 x.6234; <a href="http://www.ifandcs.com">www.ifandcs.com</a> Bloor/Spadina, Bathurst/Sheppard, Bathurst/Rutherford	Indiv., couples, & family counselling (including CBT). Also offer groups & workshops **Sliding scale fee (whatever you can pay)	All welcome. No religious affiliation	6 mos, Youth: 2-3 mos, VAW: no wait (May/22)
<b>Medical Clinic for Person-Centred Psychotherapy</b>	2040 Sheppard Ave E. 416-229-2399 <a href="http://www.medicalpsychclinic.org">www.medicalpsychclinic.org</a>	GP-Psychotherapy (indiv. & group)  <b>Physician referral required (referral form on website)</b>	All welcome.	Up to 6 weeks for intake, no guarantee for acceptance
<b>Mennonite New Life Centre</b>	Keele/Wilson: 647-776-2057 (under construction) Finch/Dufferin 647-812-1332 <a href="http://mnlct.org/mentalhealth/">mnlct.org/mentalhealth/</a>	All virtual services at this time. <i>In-person offered at Finch location on Wednesdays</i> Offer individual counselling, settlement support services. Also offer anger management (indiv. & group, low-cost) & other group programming	Languages: English, Spanish, Farsi, Arabic	Typically short wait list (around 2 weeks for intake), based on urgency, language & location
<b>Mood Disorders Association of Ontario (MDAO)</b>	36 Eglinton Ave W #602 (Yonge/Eglinton) <a href="https://mooddisorders.ca/">https://mooddisorders.ca/</a> <b>Drop-in services:</b> 1-866-363-6663 <b>General info:</b> 416-486-8046	Phone/virtual support options, including individual and group peer support, and individual counselling. <b>Ongoing individual peer support or counselling:</b> <a href="https://docs.google.com/forms/d/e/1FAIpQLSf4D5YZmD92fnocDV6k8ee8uLs02S53Pw3CoaXz5nw3KWepg/viewform">https://docs.google.com/forms/d/e/1FAIpQLSf4D5YZmD92fnocDV6k8ee8uLs02S53Pw3CoaXz5nw3KWepg/viewform</a>	All welcome.	For ongoing counselling, 6 months
<b>Polycultural Immigrant &amp; Community Services</b>	<b>Etobicoke Central</b> 416-233-0055 <b>Mississauga South West</b> 905-403-8860 <a href="http://www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling">www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling</a>	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.
<b>Stella's Place</b>	<b>Queen/Spadina</b> 416-461-2345 <a href="http://stellasplace.ca/">stellasplace.ca/</a>	Individual counselling & groups (DBT and BIPOC DBT), register online for these services. They also offer 4 drop-in programs (do not need to register for)	Young Adults (age 16-29)	6 mos for intake call, from there: Indiv. therapy: 6 mos, DBT group: 1.5 yr wait (BIPOC DBT shorter)
<b>TPS&amp;I (Toronto Psychoanalytic Society &amp; Institute)</b>	Locations across Toronto <a href="http://torontopsychanalysis.com/finding-therapy/">torontopsychanalysis.com/finding-therapy/</a> Contact therapist directly.	Individual therapy, using psychoanalytic approach  For more information on psychoanalytic psychotherapy, visit their <a href="#">website</a> ** MDs are OHIP-covered.	All welcome.	Dependent on each therapist.
<b>TS Medical Centre</b>	<b>Bloor/Bathurst</b> (692 Euclid Ave) 416-901-9020 ext. 20, or contact therapist directly <a href="http://www.tsmedicalcentre.com">www.tsmedicalcentre.com</a>	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.
<b>Unison CHC</b>	Jane/Tretheway Tel: 416-645-7575 Ext. 2914 <a href="https://unisonhcs.org/service/westreach/">https://unisonhcs.org/service/westreach/</a>	8-10 individual counseling sessions as well as group sessions for individuals living with a mental illness or substance use concerns. Physician referral preferred, but can self-refer.	Open to residents in City of Toronto.	<b>Closed to new referrals, can call to inquire</b>
<b>Women's Health in Women's Hands</b>	<b>Yonge/Carlton;</b> 416-593-7655 ext. 4912 <a href="http://www.whiwh.com/mental-health-services">www.whiwh.com/mental-health-services</a>	Individual therapy: up to 15 weekly sessions; Also offer various groups <b>Priority to:</b> HIV+ women, pre/post-natal (1-yr), age 16-25, & transgender.	Racialized women	Open to new referrals for group therapy only
<b>Woodgreen Community Services</b>	<b>Pape/Danforth</b> 416-572-3575 for information For walk-ins 416-645-6000 ext.1990 <a href="http://www.woodgreen.org">www.woodgreen.org</a>	Virtual walk-in counselling (Tues & Wed 4pm-6:30pm). Call during these days and leave voicemail and will get call back same day. Groups are offered periodically (you can ask when completing counselling)	All welcome (16 years old and up)	Over a year of ongoing individual counselling

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	<a href="http://www.affordabletheraptytoronto.com">www.affordabletheraptytoronto.com</a> 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	<b>Bay/College</b> -1-855-779-2347 <a href="https://cfir.ca/who-we-help/reduced-cost-services/">https://cfir.ca/who-we-help/reduced-cost-services/</a> Email: <a href="mailto:toronto.admin@cfir.ca">toronto.admin@cfir.ca</a>	Low-cost individual, couple, and family counselling with doctoral student counsellors Also offer psychological services for adults, children and adolescents.	All welcome	\$70-\$125 /session	No wait-time typically
Centre for Training in Psychotherapy	Locations across Toronto. 416-964-7919-not in service <a href="http://ctp.net/ctp-referral-service">http://ctp.net/ctp-referral-service</a>	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	Closed until Feb 1/22
Gestalt Student Clinic	<b>Gerrard/Parliament</b> (417 Parliament St.) 416-964-9464 ext.18 <a href="http://gestalt.on.ca/low-cost-therapy-clinic">gestalt.on.ca/low-cost-therapy-clinic</a> Also <b>private offices</b> in across GTA	Student therapists (min 4 yrs of training, some registered w CRPO & can accept insurance) Visit <a href="#">website</a> for more info on Gestalt approach	All welcome.	Student therapist: \$40/session	1-2 weeks
Hard Feelings	Bloor/Ossington 416-792-4393 <a href="http://www.hardfeelings.org">www.hardfeelings.org</a>	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.
Inkblot Therapy	<b>Online video counselling</b> with registered psychotherapists Matched to therapist based on needs/concerns. **Most insurance plans are accepted <a href="http://www.inkblottherapy.com">www.inkblottherapy.com</a>		<b>Cost:</b> \$90/hr session (1 <sup>st</sup> session is free)		Minimal
OISE Psychology Clinic	252 Bloor St. W (Bloor/St. George) Adult Intake Line: 416-978-0654 Child/Adolescent: 416-978-0678 <a href="http://www.oise.utoronto.ca/psychservice/s/">www.oise.utoronto.ca/psychservice/s/</a>	Masters and PhD level students - \$100/session, offer a sliding scale down to \$0 if need (assessed by the clinical director)	All welcome.	\$0-100/hr session, (sliding scale fee available)	Intake is open every September
Open Path Collective	<a href="https://openpathcollective.org">https://openpathcollective.org</a> 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	<b>Bloor/Spadina</b> 416-920-WELL (9355) <a href="http://referrals.psychotherapyandcounseling.ca/toronto-psychotherapist-counselor">referrals.psychotherapyandcounseling.ca/toronto-psychotherapist-counselor</a>	Student therapists (4 <sup>th</sup> & 5 <sup>th</sup> yr) – psychodynamic approach primarily - Free 1 <sup>st</sup> time consultation <i>Include that you want low-cost student option in self-referral</i>	All welcome.	Sliding scale; Student therapist: \$25-85/hr	Varies, call directly to inquire, at most couple weeks
Toronto Institute for Contemporary Psychoanalysis	<b>427 Vaughan Road (near Oakwood)</b> <a href="https://ticpclinic.ca/for-patients/">https://ticpclinic.ca/for-patients/</a>	Low-cost therapy with psychotherapy students (with regular supervision). View website for more information re: therapeutic approach.	Ages 18+	\$5-25/session	1 year (May/22)
Toronto Institute for Relational Psychotherapy	Locations across Toronto <a href="http://www.tirp-lowcost-therapy.ca">www.tirp-lowcost-therapy.ca</a> 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 <a href="#">website</a>	All welcome.	Student therapist: \$40, Senior/couples therapist: \$50-80	Dependent on each therapist.

**Community Health Centres that offer counselling to external clients (all catchment-based & OHIP-covered) – Catchment map: [bit.ly/SCOPE\\_CHC](https://bit.ly/SCOPE_CHC)**

Name	Contact Information	Service Details	Catchment	Wait-time
Black Creek CHC	Sheridan Mall (Jane/Wilson) Yorkgate (Jane/Finch) <b>Tel:</b> 416-246-2388 <a href="https://www.bcchc.com/services/mental-health-counselling/">https://www.bcchc.com/services/mental-health-counselling/</a>	Individual counselling and case management services Self-referral, drop-in to fill out application (with proof of address) or complete online form to initiate contact	Humber River to Keele, Steeles to Wilson	3-4 weeks at both locations
Davenport-Perth	1900 Davenport Road (near Symington Ave) <b>Intake:</b> (416) 658-6812 <a href="http://dpnchc.com/health/counseling-services/">http://dpnchc.com/health/counseling-services/</a>	Individual counselling and case management Also offer various <a href="#">group programs</a> (incl. DBT group & mindfulness-based relapse prevention for addiction)	Bloor St. to Old City Limits/St. Clair Ave, Railway lines to Bathurst St.	Open to youth referrals Closed to adult referrals
Parkdale Queen West CHC	Parkdale: Queen/Dufferin (416-537-2455) Queen West: Queen/Bathurst (416-703-8482 x.2100) Satellite: Queen/Roncesvalles (416-537-8222) <a href="http://pqwchc.org/">pqwchc.org/</a>	Individual counselling (6-12 sessions typically) Also offer peer support & groups (incl. post-partum, fathers drop-in, anger management) <b>Priority</b> for marginalized, low-income population	Parkside Dr to Yonge St., Bloor to Lakefront  *No catchment for postpartum service	1 week to 1 month
Regent Park CHC	Dundas/Parliament <b>Tel:</b> 416-203-4506 <a href="http://www.regentparkchc.org/social-work-and-community-health-work">www.regentparkchc.org/social-work-and-community-health-work</a>	Counselling, long- and short-term case management, and advocacy Priority to low-income & precariously housed, limited access to other services	<b>Housed Clients:</b> King to Gerrard, Sherbourne to Don River <b>Homeless Clients:</b> Lake Ontario to Bloor, Yonge Street to Don River	Depends on situation though up to 6 months
Rexdale CHC	Kipling/Rexdale <b>Tel:</b> 416-744-0066 x.2 <a href="http://www.rexdalechc.com/programs/programs-for-adults/counselling">http://www.rexdalechc.com/programs/programs-for-adults/counselling</a>	Counselling and case management services  <i>Also the site for a counselor from Family Service Toronto (Call 416-595-9618).</i>	Hwy 427 to Humber River, Steeles to Dixon Rd	1-2 weeks
Stonegate CHC	The Queensway/Park Lawn Rd <b>Tel:</b> 416-231-7070 <a href="http://www.stonegatechc.org/programs-services/health-services/counselling-services.html">www.stonegatechc.org/programs-services/health-services/counselling-services.html</a>	Individual, couple, and family counselling and case management services Also offer group services Self-referral, complete: <a href="#">Request for Services Form</a>	Kipling to Humber River, Gardiner Expwy to Eglinton	3-4 weeks
Unison CHC	Jane/Trethaway Tel: 416-645-7575 Ext. 2914 <a href="https://unisonhcs.org/service/westreach/">https://unisonhcs.org/service/westreach/</a>	8-10 individual counseling sessions as well as group sessions for individuals living with a mental illness or substance use concerns. Physician referral preferred, but can self-refer.	Open to residents in City of Toronto. Currently offering phone/video services.	<b>Closed to new referrals (until March 2022)</b>
Vibrant Healthcare Alliance	Yonge/Montgomery Tel: 416-486-8666 x7500 <a href="https://www.vibranthealthcare.ca/social-workers/">https://www.vibranthealthcare.ca/social-workers/</a>	Individual, couples, & family counselling and case management for <b>youth (13-29), seniors (55+) &amp; people with spinal cord injuries</b>	Highway 401 to Bloor Street and Bathurst Avenue to Bayview Avenue People with physical disabilities: Toronto	6 to 8 weeks

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, <b>Etobicoke</b>	Ongoing individual counselling (incl. CBT & general therapy); psychotherapy & psychiatry available <b>**Still requiring in-person appointments for new patients</b> <i>Physician referral required.</i>	All welcome. No catchment.	No cost.	2-3 months for Psychotherapist, 4+ months for Psychiatrist (Feb/22)
Bloom Clinic	40 Finchgate Blvd. Suite 224, <b>Brampton</b> Tel: (905)451-8090 <a href="https://www.wellfort.ca/programs-services/sexual-health-and-harm-reduction-services">https://www.wellfort.ca/programs-services/sexual-health-and-harm-reduction-services</a> <a href="http://www.bloomclinic.ca/">www.bloomclinic.ca/</a>	Individual counselling, no specific limit to # of sessions. <i>* All other counselling services at Bramalea CHC are not open to external clients</i>  Call Ana, Support and Care Navigator, on work cell (647)531-8552 (best way to reach her) or extension 503	Region of Peel. Diagnosed with Hep C or HIV.	No cost.	Wait-time for individual counselling no more than 3 weeks
Catholic Family Services of Peel-Dufferin	<a href="https://cfspd.com/services/">https://cfspd.com/services/</a> Main office : <b>Brampton</b> 60 West Dr., Unit 201 <b>Mississauga</b> 2227 South Milway Unit 202 905-450-1608 x112 intake x101 for general inquiry <b>Also serve Caledon &amp; Orangeville</b>	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 &amp; leave message (905-450-1608)</i>	All welcome. No religious affiliation to counselling.	Sliding scale fee based on income (flexible) \$5 if on social assistance	7-8 months (Jan.22)
CMHA Peel Dufferin Branch	<b>Brampton</b> (7700 Hurontario), Etobicoke, Caledon, Orangeville sites <b>Central Intake:</b> 905-451-2123 <a href="https://cmhapeeldufferin.ca/programs-services/mental-health-counselling/">https://cmhapeeldufferin.ca/programs-services/mental-health-counselling/</a>	Brief mental health indiv. counselling, family support, substance use (usually 1 session, max 3 sessions) Also offer: group/peer support, case management, & recovery supports, youth programming (IMPACT and Early Intervention for Psychosis).  Counselling and treatment (6-8 sessions) for indiv. with moderate to severe mental health concerns ONLY at the Dufferin office	Must reside in Central West LHIN. Brampton, Bramalea, Malton, <i>Mississauga (limited)</i> , North Etobicoke, West Woodbridge, Rexdale, Bolton, Caledon, & Dufferin	No cost. Translation services available	Brief counselling: 5-6 mos Single session 1-2 weeks (Feb22)
East Mississauga Community Health Centre (part of LAMP CHC)	Dixie Road/Dundas St. E - <b>Mississauga</b> Tel: 905-602-4082; Counselling x.456 Client Advocacy x457 <a href="http://eastmississaugachc.org/programs-services/community-social-support-programs/social-work">eastmississaugachc.org/programs-services/community-social-support-programs/social-work</a> 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 <b>Catchment:</b> Toronto border to Hurontario St, Matheson Blvd to the lakeshore <b>Priority population:</b> 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 (Jan/22)
Family Services of Peel	<b>Central Intake:</b> 905-453-5775 <a href="http://fspeel.org/">fspeel.org/</a> - all virtual/over the phone <b>Mississauga</b> (Hurontario/Hwy 401) <b>Brampton office</b> (Clark/West Drive, Ste 201)(only accepts physician referral from Malton Medical Team)	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 <b>Call during Walk-in Clinic hours:</b> Wed 12-8pm & Sat 9am-12pm (closed holiday weekends)	Services are provided in over 20 languages	Sliding scale fee (based on income)	Depending on urgency, between 1-7 months

<b>Family Service Toronto</b>	416-595-9618 <a href="http://www.familyservicetoronto.org">www.familyservicetoronto.org</a> <b>Etobicoke locations:</b> LAMP & Rexdale CHC	Currently offering no-cost, single-session phone counselling (Monday to Friday, 9am to 6pm).	All welcome.	Sliding scale fee.	Same day, single-session counselling
<b>LAMP CHC</b>	Birmingham/Fifth St., <b>Etobicoke</b> 416-252-6471 <a href="https://lampchc.org/programs-services/clinical-health-services/mental-health-support/">https://lampchc.org/programs-services/clinical-health-services/mental-health-support/</a>	Drop in hours: N/A 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>	The Queensway to Lake Ontario, Etobicoke Creek to Humber Bay Bridge	No cost.	Currently closed
<b>Family Transition Place</b>	Orangeville, Caledon/Bolton, Shelburne Tel: 519-941-4357 <b>Crisis Line (24hrs):</b> 519-941-4357 (519-941-HELP) & 905-584-4357 (905-584-HELP) <a href="http://www.familytransitionplace.ca">www.familytransitionplace.ca</a>	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.	Wait varies depending on service.
<b>MIAG Centre for Diverse Women and Families</b>	<b>Mississauga</b> (3034 Palstan Rd, Suite M3) General Information: 905-270-6252 <b>Counselling Intake:</b> 437-220-6659 <a href="https://miag.ca/services/">https://miag.ca/services/</a>	Indiv., couples, & family counselling, by appointment virtually (offer up to 8 sessions) Also offer women support services, family/parenting workshops, & seniors program.	English, Arabic & Spanish. For Peel Region only (Brampton, Caledon, Mississauga)	No cost.	Waitlist up to 2 months; Intake completed in 2 weeks
<b>Polycultural Immigrant &amp; Community Services</b>	<b>Bloor/Islington</b> 416-233-0055 ext. 1237 <b>Sheridan Centre</b> 905-403-8860 ext. 5253 <a href="http://www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling">www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling</a>	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
<b>Punjabi Community Health Services</b>	<b>Brampton:</b> Sunny Meadow Blvd (905-790-0808) <b>Malton:</b> Drew Rd, Mississauga (905-677-0889) <a href="http://pchs4u.com/">pchs4u.com/</a>	Indiv. supportive counselling & case management services; also community support, concurrent disorders group	Language: English, Punjabi, Hindi, Urdu, Malayalam	No cost.	4-5 months for indiv. 1-2 weeks for group
<b>Rexdale CHC</b>	Kipling/Rexdale & Jamestown Hub Tel: 416-744-0066 <a href="https://www.rexdalehc.com/health-care-services/counselling">https://www.rexdalehc.com/health-care-services/counselling</a>	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)
<b>Stonegate CHC</b>	The Queensway/Park Lawn Rd Tel: 416-231-7070 <a href="http://www.stonegategchc.org/programs-services/health-services/counselling-services.html">www.stonegategchc.org/programs-services/health-services/counselling-services.html</a>	Individual, couple, and family counselling and case management services; Also offer group services Self-referral, complete: <a href="#">Request for Services Form</a>	Catchment: Kipling to Humber River, Gardiner Expwy to Eglinton	No cost.	3-4 weeks

#### Other Mental Health Resources for Etobicoke/Mississauga/Peel-Dufferin Region

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

## Durham Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Carea Community Health Centre	Ajax (905-428-1212) Oshawa (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
Catholic Family Services - Durham	Oshawa (905-725-3513) Ajax (905-428-1984) Port Perry (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)
Community Care Durham	Ajax/Pickering: Bayly St (Pickering, 905-837-0017) Oshawa/Whitby: 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.
Durham Mental Health Services	Whitby (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.
Family Services Durham	Whitby, Ajax, Beaverton, Bowmanville, Cannington, Oshawa, Sunderland, Port Perry, Uxbridge 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)
GP-Psychotherapy	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
Jeff Packer MSW & Associates	Oshawa (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

Telephone & Mobile Mental Health Crisis Support (24-hr)	<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;</b> Toll-free: <b>1-800-452-0688</b> <a href="http://dmhs.ca/cause/crisis-response/">http://dmhs.ca/cause/crisis-response/</a> <b>905-666-0483;</b> Toll-free: <b>1-800-742-1890</b>
Search Tools	<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.centrealeasthealthline.ca/">http://www.centrealeasthealthline.ca/</a></li> <li>• <b>mentalhealth.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>

## East Toronto – OHIP covered, Low-Cost & Walk-in Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Affordable Therapy Network of Toronto	<a href="http://www.affordabletherapytoronto.com">www.affordabletherapytoronto.com</a>	A website providing a listing of therapists, workshops and online therapists at reduced rates in Toronto, several in East Toronto	All welcome	Reduced (\$65 or less) and sliding scale	Varies by therapist
Beaches Therapy Group	<b>Kingston Rd &amp; Woodbine</b> <a href="http://www.Beachestherapy.ca">www.Beachestherapy.ca</a> (647) 484-8622	Counselling services for: adults, children, families and couples, offered by psychology associates, psychotherapists and social workers, located in the Beach neighbourhood	All welcome –	50% discount on regular rates for those in need	Dependent on therapist
Blake Boulbee Youth Outreach Service (BBYOS)	<b>41 Blake St (Danforth &amp; Jones)</b> <a href="http://www.bbyos.org">www.bbyos.org</a> (416) 465-1410	Free long-term psychotherapy and counselling to high-risk vulnerable youth (12-25 yrs) and families. Self referrals encouraged.	Mostly residents of Blake-Boulbee neighbourhood	No cost	Varies – within a week
Bangladeshi-Canadian Community Services	<b>2899 Danforth Ave (near Victoria Park)</b> <a href="http://www.bangladeshi.ca">www.bangladeshi.ca</a> (416) 699-4484	Individual, couple and family counselling available through Settlement Services Program. No fees.	Immigrants and refugees, focus on Crescent Town area	No cost	Varies
East End Community Centre	<b>Queen &amp; Coxwell area</b> <a href="http://www.eastendchc.on.ca">www.eastendchc.on.ca</a> (416) 778-5858	Counselling psychotherapy available to clients of the centre. Variety of personal health and wellness programs available for free to anyone living in catchment.	Some programs for non-registered residents living in catchment	No cost	Varies
East Toronto Therapy	<b>688 Coxwell Ave (at Danforth)</b> <a href="http://www.easttorontotherapy.com">www.easttorontotherapy.com</a> (416) 545-9908	Provides therapy & counselling to individuals, as well as marriage counselling & sex therapy for couples	Adults – all welcome	Reduced rate during daytime, and some sliding scale	Currently short – week(s)
Full Circle Art Therapy Centre	<b>658 Danforth (at Pape)</b> <a href="http://www.fullcircleatc.com">www.fullcircleatc.com</a>	An affordable art therapy center that combines psychotherapy and art to help individuals externalize thoughts and feelings that are difficult to express.	Adults – all welcome	Initial appt \$60 – fees then based on annual income	Varies
GP – Psychotherapy	<b>Locations across Ontario</b> <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 directly to enquire.	All welcome	No cost	Open to new patients or short wait list
The Healing Collective	<b>2005 Danforth Ave (at Woodbine)</b> <a href="http://www.healingcollective.ca">www.healingcollective.ca</a>	Collective of psychotherapists and allied health practitioners offering counselling and therapy. Also provide a range of healing and wellness workshops	Adults and some youth/young adults	Varies depending on service - some sliding scale and reduced rates	Varies by therapist & workshop dates
Health Access Thorncliffe Park (HATP)	<b>East York Town Centre</b> <a href="http://www.fhc-chc.com/health-access-thorncliffe-park-hatp">www.fhc-chc.com/health-access-thorncliffe-park-hatp</a> (416) 421-6369	Part of Flemingdon Health Centre. Mental health counseling available – social work drop-in on Fridays, for current HATP clients. Services are free, no health card required.	Individuals and families who reside in M4H postal code	No cost	Varies – none for drop in
Open Path Therapy Collective	<a href="http://www.openpathcollective.org">www.openpathcollective.org</a>	A non-profit network of mental health professionals offering steeply reduced rates for individual therapy. Several therapists located in East Toronto, and/or offering on-line therapy	Anyone with financial need	One time membership fee - \$59. Therapy rates \$30-60/hr	Varies
Woodgreen Community Services	<b>815 Danforth Ave, Suite 100</b> <a href="http://www.woodgreen.org">www.woodgreen.org</a> (416) 572-3575	<b>Walk-in Counselling Service:</b> Tuesdays and Wednesdays, 4:30-8:30pm, open at 4:00pm, first come first served No referral or health card required.	Adults - All welcome	No cost	None – drop in

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://cfsos.ca/">https://cfsos.ca/</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	4-6 months weeks for indiv. therapy; 1-2 weeks brief counselling
<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.schontario.ca/">https://www.schontario.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.

Other Mental Health Resources for Scarborough Region		
Telephone & Mobile Crisis Support (24-hr)	Scarborough Hospital Regional Mobile Crisis Team (Scarborough, East York) Toronto Distress Centre (Telephone support)	416-495-2891 416-408-4357
Search Tools	<ul style="list-style-type: none"> <li>Health Line, Scarborough: <a href="https://www.torontocentralhealthline.ca/index.aspx?region=Scarborough">https://www.torontocentralhealthline.ca/index.aspx?region=Scarborough</a></li> <li><a href="http://mentalhealth.ca">mentalhealth.ca</a> – Canada-wide directory; Also provides general mental health info</li> </ul>	
Access Point	<p>Central intake for applying to most case management and supportive housing agencies in Toronto (including Scarborough, west of Port Union Road)</p> <p>Online Application (can be completed independently, no physician referral required): <a href="http://theaccesspoint.ca/">http://theaccesspoint.ca/</a></p>	

## York Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Canadian Mental Health Association (CMHA) – York &amp; South Simcoe</b>	Alliston, Aurora, Markham, Newmarket, Vaughan Central Intake: <b>905-841-3977</b> Toll Free: <b>1-866-345-0183 x.3321</b> Email: <a href="mailto:yorkregion@cmha-yr.on.ca">yorkregion@cmha-yr.on.ca</a> <a href="https://cmha-yr.on.ca/">https://cmha-yr.on.ca/</a>	Offer a variety of skills-based groups for individuals with diagnosed serious mental illness	Services primarily for individuals with serious mental illness; Age 16+	No cost.	2-3 months (Apr 21)
<b>Catholic Community Services of York Region</b>	<b>Main office:</b> 21 Dunlop St, Richmond Hill <b>Other locations:</b> Thornhill, Vaughan, Markham, Aurora, Newmarket, Georgina, Maple, Sutton, & Pefferlaw <b>Central Intake:</b> 905-770-7040 ext. 241 Toll free: 1-800-263-2075 <a href="https://www.ccsy.org">https://www.ccsy.org</a>	Ongoing individual counselling, as well as single-session counselling. Also offer group programs & workshops	Languages: English, Spanish, Farsi, Cantonese and Mandarin. Open to York residents.	Sliding scale fee (won't turn anyone away)	2 months for ongoing, can access single-session in interim (2-3x) (Apr 21)
<b>Community Family Services of Ontario</b>	416-979-8299 Toll Free: 1-866-979-8298 24 hr hotline: 416-979-5898 <a href="https://cfsos.care/">https://cfsos.care/</a>	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	Services provided in English, Mandarin, & Cantonese	No cost for indiv. therapy; fees for some programs/groups	6 months for indiv. therapy (Apr 21)
<b>COSTI Immigrant Services</b>	Sheridan Mall, 416-244-7714 Vaughan Centre, 905-669-5627 (only offer English & Italian at this location) <a href="http://www.costi.org/programs/family.php">www.costi.org/programs/family.php</a>	Indiv. & family counselling Also offer: psychiatry, support group for women diagnosed with depression; violence against women support, PAR program	Languages: Spanish, English, and Italian	Sliding scale fee.	English: 7-8 mos Spanish & Italian: 8-9 mos Psychiatry: 1 year
<b>Family Services York Region</b>	<b>Newmarket</b> (905-895-2371) <b>Markham</b> (905-415-9719) <b>Richmond Hill</b> (905-883-6572) <b>Georgina</b> (Sutton West; 905-476-3611) <a href="http://fsyr.ca/">fsyr.ca/</a>	Indiv., couples, & family counseling (up to 12 sessions) Also offer some virtual group programming (men, women, children, language/culturally specific); LGBTTQ indiv. & group support Complete online self-referral.	Languages: English, Cantonese, Farsi, Gujarati, Hindi, Korean, Mandarin, Punjabi, Spanish, Tamil, Urdu, French	Sliding scale fee (based on income)	2-3 weeks for intake call, then waitlist could be 2-3 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>Jewish Family and Child</b>	York Branch - <b>Bathurst/Rutherford</b> Tel: 416-638-7800 <a href="http://jfandcs.com">www.jfandcs.com</a>	Indiv., couples, & family counselling Also offer groups & workshops	All welcome. No religious affiliation	Sliding scale fee.	12-14 weeks
<b>Krasman Centre</b>	<b>Newmarket, Alliston, Richmond Hill</b> <b>24/7 Peer Support:</b> 1-888-777-0979 <a href="http://krasmancentre.com/">http://krasmancentre.com/</a>	Offers peer support counselling on a walk-in basis, (support with addictions, mental health, & housing).	York Region.	No cost.	Walk-in.

## York Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Vaughan Community Health Centre	Jane/Rutherford Tel: 905-303-8490 <a href="http://vaughanhealthcarehc.com/">vaughanhealthcarehc.com/</a>	Indiv. counselling, Also offer group programming (anxiety group, caregiver support group)	Open to York region.	No cost.	Unknown.
Women's Centre of York Region	Newmarket      Toll Free: 1-855-853-9270 Central Intake: 905-853-9270 x. 111 <a href="http://www.wcyr.ca/">http://www.wcyr.ca/</a>  <i>Call Central Intake on Thurs mornings (10am-12pm)</i>	Indiv. counselling for women who have experienced abuse Also offer: Transitional support counselling for women leaving abusive relationship; group programming (wellness, employment & financial empowerment)	Women (18+). Resident of York Region.	No cost.	4 months.

## Other Mental Health Resources for York Region

Telephone & Mobile Mental Health Crisis Support (24-hr)	1-855-310-COPE (2673) or (TTY) 1-866-323-7785 (York Region & South Simcoe; phone support to North York)  Krassman Centre 24/7 Peer Support Phone Line	<a href="http://www.yssn.ca/Crisis-Response-Services">http://www.yssn.ca/Crisis-Response-Services</a>  1-888-777-0979
Streamlined Access	Central intake point for applying to mental health case management, community support, and supportive housing agencies in York Region <a href="http://www.yssn.ca/streamlined-access">www.yssn.ca/streamlined-access</a> Tel: 289-340-0348      Toll Free: 1-844-660-6602      (You can call Mon to Fri, 8:30am - 4:30 pm)  Online Application: <a href="https://streamlinehub.yssn.ca/referralForm_0.php">https://streamlinehub.yssn.ca/referralForm_0.php</a>	
Search Tools for York Region	<ul style="list-style-type: none"> <li>• One Stop Shop Directory: <a href="http://onestopdirectory-yr.ca/">onestopdirectory-yr.ca/</a></li> <li>• York Region on a Budget (info re: local community resources): <a href="http://bit.ly/York_Budget">bit.ly/York_Budget</a></li> <li>• Health Line, York Region: <a href="http://www.centralhealthline.ca/index.aspx?region=YorkRegion">www.centralhealthline.ca/index.aspx?region=YorkRegion</a></li> <li>• <a href="http://mentalhealth.ca">mentalhealth.ca</a> – Canada-wide directory; Also provides general mental health info</li> </ul>	