



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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Considering Your Options for Therapy

Are you able and willing to pay for private therapy?

- You can use the following online directories to search for a therapist: [PsychologyToday.com](https://www.psychologytoday.com), [PsychotherapyMatters.com](https://www.psychotreatment.com), or [PsychologyOntario.org/find-a-therapist](https://www.psychologyontario.org/find-a-therapist)
- Therapists typically offer a free 15-30 min consult to see if they are a good fit for you. You can speak with a few therapists first to find the right match. *For more private therapy resources:* <https://scopehub.ca/resources/patient-resources/mental-health-patient/#PrivateTherapy>
- **Layla** (www.layla.care) is a service that can directly connect you to a private therapist that best matches your needs. Cost for all therapists via Layla is \$165/session.

“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
- **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.
- Consider the difference between the **type of professional** – registered psychotherapists & registered social workers will offer lower rates than psychologists (see *FAQs* on page 3)
- You can submit your therapy appointment receipts (with a licensed professional) towards medical expenses in your [income tax return](#)

Some other things to consider ...

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

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.

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.

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

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 your school's website.
- You can also call **Good2Talk** (1-866-925-5454; or text GOOD2TALKON 686868) – a free, confidential, 24/7 helpline for post-secondary students, providing professional counselling, peer support as well as information and referrals for mental health support.

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	A medical doctor who specializes in diagnosis and treatment of mental health conditions. They can prescribe medications, and typically do not provide psychotherapy. As medical doctors, their services are OHIP-covered.
Psychologist	A professional with a doctoral degree (PhD) in psychology. They can provide psychotherapy as well as psychological testing and diagnosis. They cannot prescribe medication. Their fees are not covered by OHIP-covered.
Psychotherapist	Psychotherapist is an umbrella term for any professional who is trained and registered with a regulatory college to provide therapy services. Not OHIP-covered.
Social Worker Occupational Therapist	Professionals with university, post-graduate education. These professionals may work in other areas, but can offer psychotherapy if they have additional training and experience in providing therapy. Services are not OHIP-covered unless offered through a hospital.
GP-psychotherapist	A general practitioner (GP) or family doctor who can diagnose mental health conditions, prescribe medications, and provide psychotherapy. Their services are OHIP-covered.

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 are sliding scale fees/rates?

- 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.

What can I expect in therapy?

- Visit the Therapy Journey Guide at: <https://www.layla.care/learn>

For more resources, you can visit:

- **SCOPE website:**
For other mental health resource lists, visit: <https://scopehub.ca/resources/patient-resources/mental-health-patient/>

- **CAMH - Community Resource Guides:** <https://www.camh.ca/en/health-info/guides-and-publications/community-resource-sheets>

- **[211Toronto.ca](http://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. **Interpreter services available.**

- **Sunnybrook Family Navigation Project**
sunnybrook.ca/content/?page=family-navigation-project 1-800-380-9367
Support for **youth, aged 11-29 experiencing** complex mental health and addiction issues, **and their families**. Team helps to navigate and connect clients to more appropriate resources.
Open to youth and/or families who live in Greater Toronto Area (Durham, Halton, Peel, Toronto and York)

- **One Stop Talk**
<https://onestoptalk.ca/> - 1-855-416-8255
Service for children/youth from 0 to 17 years of age, can connect with psychotherapist for immediate support and service navigation support.

- **Toronto Seniors Helpline (Community Navigation and Access Program)**
<https://torontoseniorshelpline.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.

Single-session Counseling Clinics (*in-person, phone, and/or virtual*)

Catholic Family Services 1155 Yonge Street, Suite 200 (Yonge/Summerhill)	Tuesdays 9am to 7pm	416-921-1163 cfstoronto.com info@cfstoronto.com	FEE FOR SERVICE: Counseling fees are charged according to income level. No one is denied service because of inability to pay fees.
Family Service Toronto 3 rd floor, 355 Church Street (Church/Gerrard)	Virtual/Phone: Monday to Friday Between 9am to 5pm In-person: Thursday, 3-7pm	416-595-9618 familyservicetoronto.org	Free: *call for additional languages. For all persons 18 years of age and older, who live or work in GTA. No health card/ID required. First-come, first-served so call early in day.
Stella's Place 54 Wolseley Street (Queen/Bathurst)	Virtual/Phone: Tuesday, 2-6pm In-person: Thursday, 2-6pm Bean Bag Chat (text): Mon-Thurs, 4-9pm	416-461-2345 x.1 stellasplace.ca connect@stellasplace.ca	Free: Open to Young Adults (aged 16-29) living in Toronto (M postal code). Call or email to access. **Also have drop-in groups and peer support.
One Stop Talk	Monday to Friday, 12-8pm Saturdays, 12-4pm	1-855-416-8255 Online chat: onestoptalk.ca	Free: Youth mental health support (ages 0-17), single-session counselling and resource navigation help. Youth must be present for call. Interpretation services available
What's Up Walk-In Services Multiple locations across Toronto	Open Monday to Saturday , hours and days of operation vary by location. For hours and contact info, visit: whatsupwalkin.ca/wuwi-locations-hours		Free: Service available to youth (0-24) & families. Some locations will see up to age 29. 6 youth mental health agencies across Toronto, offering in-person & virtual appointments
Woodgreen Community Services 815 Danforth Ave (Danforth/Pape)	In-person: Tuesdays Virtual/phone: Wednesdays 4:30pm – 6:15pm	416-572-3575 woodgreen.org	Free: Everyone is welcome. Ages 12+ No health card is needed. No referral or appointment required. <i>Call to book a Wednesday appointment, just walk in on Tuesdays.</i> No set limit to number of visits.
Yonge Street Mission Davis Centre, 270 Gerrard St E (Gerrard/Parliament)	Thursdays 4:30pm-8:30pm; opens at 4:15pm; last arrival 6:45pm	1-800-416-5111 or 416-929-9614 ext. 3235 ysm.ca info@ysm.ca	Free: Everyone is welcome No health card is needed. No set limit to number of visits.

Urgent/Immediate Phone Support

988 - Nation-wide suicide crisis helpline	Available 24/7	Call or text 9-8-8
The Warm Line (Mental Health Helpline) Operated by peers who have lived with mental illness	Open 6pm-12am , 7 days/week	Call: 416-960-9276 Text: 647-557-5882 Online Chat: www.warmline.ca
Distress Centres of Greater Toronto Operated by volunteers, offer emotional & crisis support	Available 24/7	GTA: 416-408-4357 Peel Region: 905-459-7777
Gerstein Centre Crisis phone support, small # of mental health crisis beds	Available 24/7	416-929-5200

Online Mental Health Programs

Including some therapist support

Telus Health CBT - <https://myicbt.com/>

- Online, therapist-assisted cognitive behavioural therapy (CBT) program for topics including: anxiety, depression, sleep, pain management, trauma, OCD, burnout, substance use/family support for substance use, adjustment to change, goal management training™ (GMT).
- In this program, you move through structured modules, at your own pace, while your therapist monitors your progress: each module contains activities, videos and assignments to help you learn, develop and practice new skills.
- There are scheduled check-ins along the way: you connect with your therapist by phone/video/chat.
- **Cost:** \$500 for full program (billed in 4 installments of \$125)

Mind Beacon - <https://www.mindbeacon.com/>

- This is a therapist-assisted, digital CBT program. It includes unlimited online messaging with a dedicated therapist and access to guided CBT for 12 weeks, as well as unlimited access to materials for one year.
- **Cost:** \$50 one-time time assessment; followed by 2 payments of \$150, and a final payment of \$175 for the full program; you don't have to participate in full program.

BounceBack - www.bouncebackontario.ca

- BounceBack is a free CBT-based skill-building program where a coach helps support you **over the phone** in working through a series of workbooks based on your concerns.
- **Teens (15-17):** Sign up for services here: <https://bouncebackontario.ca/teens/>
- **Adults:** Bounce Back can only be accessed through an Ontario Structured Psychotherapy program provider. To find your local provider, visit: <https://bouncebackontario.ca/adults/>

Self-guided

Anxiety Canada - www.anxietycanada.com

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, **My Anxiety Plan** (maps.anxietycanada.com), with a version for Adults and Youth.

CCI Self-Help Resources for Mental Health -

www.cci.health.wa.gov.au/Resources/Looking-After-Yourself

Free workbooks for a range of concerns, including: Anxiety, Panic, Self-Compassion, & Worry and Rumination

CIMHS (Centre for Interactive Mental Health Solutions) - www.cimhs.com

Free online therapy program for depression, using CBT skills.

Mood Gym - www.moodgym.com.au

Interactive online self-help program that teaches CBT skills to manage symptoms of depression and anxiety. Subscription is \$40/year.

Phone Apps

CBT-skills:

- **Mindshift** (Developed by Anxiety Canada)
- **Sanvello** (formerly *Pacifica*)
- **What's Up**

Mindfulness:

- **Calm** (also www.calm.com)
- **Headspace** (www.headspace.com)
- **Insight Timer**

Mood Trackers:

- Bipolar UK's mood tracker
- eMoods

Free/Minimal Cost Counselling Services

*self-referral & no-cost unless otherwise noted

Organization	Contact Information	Service Details	Population	Wait-time
Aberfoyle Health Centre	(416) 231-7968 1 Eva Road, Etobicoke Only offering in-person appointments, no virtual	Ongoing individual counselling (Structured 8-week CBT or general talk therapy) & psychiatry available <i>Physician referral required.</i>	All welcome. No catchment.	CBT: 1-2 mos, Talk therapy: 4 mos; Psych: 9-12 mos (Aug/24)
Abrigo Centre	1645 Dufferin Street (Dufferin/St. Clair) 416-534-3434 abrigo.ca	Offer numerous services to English and Portuguese speaking individuals, can provide service navigation support. Open intake Mon to Fri, 9-5pm	All welcome. Some Portuguese-specific services	Same day for initial appt.
Anishnawbe Health Centre	425 Cherry St. (between Mill & Front St) 416-360-0486 aht.ca	Individual counselling (Western & Traditional approaches, addictions), typically offer 20 sessions, virtual/in-person Walk-in counselling available on Wednesdays and Fridays – must become a client first and must call in to schedule.	Indigenous community (First Nation, Metis and Inuit)	Over 12 mos (Sept/24)
Bangladeshi-Canadian Community Services	2899 Danforth Ave (near Victoria Park) www.bangladeshi.ca (416) 699-4484	Newcomer settlement counselling on Tuesdays and Thursdays Also offer youth and senior group services	Immigrants and refugees, focus on Crescent Town area	No wait time
Catholic Family Services	www.cfstoronto.com Yonge/Summerhill 416-921-1163	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, no one turned away)	All welcome. Languages: English, French, Spanish, Mandarin, Cantonese	2-5 mos (Sept/24)
Centre for Men and Families	647-479-9611 or 1-844-900-2263 Toronto/North York; all virtual services menandfamilies.org/program-registration/	Individual counselling, up to 10 sessions with student or registered therapist. Also offer a variety of groups for men (including: peer support, parenting, legal info, trauma therapy) and shelter. Self-refer on website	Men only, age 18+	Typically 2-3 weeks, currently longer (May/24)
Christian Counselling Services	Yonge/Carleton 416-489-3350 admin@christiancounsellingservices.com christiancounsellingservices.com/	Individual, Couples, & family counselling (primarily virtual/phone). No specific limit to # of sessions. Cost: Sliding scale fees w interns: \$0-100, insurance accepted Self-refer by filling out form on website	Ages 13+, some religious components to services	Minimal
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: violence against women support (no wait time, no cost), PAR program; Counselling for those with refugee status Languages: Farsi, Arabic, Urdu, Hindi, Spanish, English, Italian Cost: Sliding scale fee. Accept insurance benefits	All welcome. Several languages	1 year for general counselling
Family Service Toronto	416-595-9618 https://familyservicetoronto.org/ Several locations across Toronto/GTA (355 Church Street, Bloor/Dufferin, Etobicoke: LAMP & Rexdale CHCs, Scarborough: Victoria Park Hub)	Indiv., couples, family therapy, typically up to 12 sessions. In-person or virtual. Walk-in available. Also offer: LGBTQ (David Kelley services at Central Office), violence against women (VAW), trauma therapy, seniors/caregivers services. Variety of online groups & workshops. Cost: Sliding scale (\$10-150, based on household income)	All welcome. Languages: French, Farsi, Spanish, Urdu, Portuguese, Hindi, Tagalog	4-5 months for general therapy services (May/24)

Free/Minimal Cost Counselling Services

*self-referral & no-cost unless otherwise noted

Organization	Contact Information	Service Details	Population	Wait-time
GP- Psychotherapy	Locations across Ontario www.mdpc.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online directory of GP psychotherapists. **Note that this website is not updated regularly and some therapists may not be active. Contact therapist directly to inquire.	All welcome.	Dependent on each therapist
Hope + Me	Yonge/Eglinton) https://hopeandme.org/ 1-888-486-8236	Phone/virtual support options, including individual and group peer support, and individual counselling (up to 8 sessions typically). Self-refer on website	All welcome.	4-8 months (Nov/24)
Institute for Behavioural and Functional Medicine	https://ibfmed.ca/ Virtual clinic	Group therapy for: insomnia, fatigue, headache, hypertension, lower back pain, & post-concussive syndrome. Offered by GP-psychotherapists (OHIP-covered). Also offered private fee 1:1 therapy. Physician referral required (referral form on website)	All welcome	Dependent on group start dates, minimal wait (Dec/24)
Jewish Family and Child Services	416-638-7800 x.6234; www.jfandcs.com Bloor/Spadina, Bathurst/Sheppard, Bathurst/Rutherford	Brief individual, couples, & family counselling. Also offer groups & workshops. **Sliding scale fee (whatever you can pay)	All welcome. No religious affiliation	Intake currently closed, may open in Feb 2025 (Dec/24)
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.	2 weeks, no guarantee of acceptance
Mennonite New Life Centre	Keele/Wilson: 647-776-2057 (under construction) Finch/Dufferin 647-812-1332 mnlct.org/mentalhealth/	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
Ontario Structured Psychotherapy (OSP)	Virtual/CAMH (Queen/Ossington) (416) 535-8501 ext. 36777 camh.ca/en/your-care/programs-and-services/ontario-structured-psychotherapy-osp-program	Offered via BounceBack, MindBeacon, Tranquility & CAMH OHIP-covered CBT treatment, can include: self-help resources w guidance, or psychotherapy (1:1 or group, virtual or in-person). Self-referral on website or by phoning	Adults (ages 18+) w depression, anxiety, or related challenges	Self-help: 10 weeks, Therapy: 4-9 months depending on concern (May/24)
Polycultural Immigrant & Community Services	Bloor/Islington 416-233-0055 ext. 1237 Sheridan Centre 905-403-8860 ext. 5253 polycultural.org/services/specialized-services	Short-term counselling services for children, youth, and adults dealing with crisis. Also offer variety of social services (resettlement & refugee, family violence & addiction, women's & family wellness, employment, youth services)	All welcome.	1-2 weeks typically (May/24)
St. Michael's Homes	Phone: (416) 926-8267 ext. 124 Fax: 647-493-2432 stmichaelshomes.org/psychotherapy	Individual counselling with student therapists. Variety of therapeutic approaches and can work with a variety of concerns, including trauma and substance use. Virtual only. Referral process: Healthcare provider referral is required (specific referral form)	Ages 18+, open to men and women	Several weeks (Oct/24)
Stella's Place	Queen/Bathurst (54 Wolseley St) 416-461-2345 stellasplace.ca/	Individual counselling & groups (DBT and BIPOC DBT), register online for these services. They also offer drop-in programs & virtual drop-in counselling.	Young Adults (age 16-29)	4-12 months; drop-in available (Nov/24)

Free/Minimal Cost Counselling Services

*self-referral & no-cost unless otherwise noted

Organization	Contact Information	Service Details	Population	Wait-time
TPS&I (Toronto Psychoanalytic Society & Institute)	Locations across Toronto torontopsychoanalysis.com/finding-therapy/	Directory of therapists, using psychoanalytic approach. Search list and contact therapists directly. <i>Note:</i> Only MDs are OHIP-covered For more information on psychoanalytic psychotherapy, visit their website	All welcome.	Dependent on each therapist.
TS Medical Centre	Bloor/Bathurst (692 Euclid Ave) Contact therapist directly www.tsmedicalcentre.com	Individual, couples, and group therapy options with different mental health professionals. <i>Note:</i> Only MDs are OHIP-covered	All welcome.	Dependent on each therapist.
Unison CHC	Jane-Trethewey, Lawrence Heights, Keele-Rogers, Bathurst-Finch Tel: 416-645-7575 Ext. 2914 unisonhcs.org/service/westreach/	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 all Toronto residents (ages 16+, including refugees & persons without status). Multiple languages	6-12 months (Nov/24)
Women's Health in Women's Hands	Yonge/Carlton; 416-593-7655 ext. 4912 www.whiwh.com/mental-health-services	Individual therapy: up to 15 weekly sessions; Also offer various groups Priority to: HIV+ women, pre/post-natal (1-yr), age 16-25, & transgender. Complete intake form on website, under "Clinical Services"	Racialized women	Open to new referrals for group therapy only; at least 6 mos wait (Jul/24)
Woodgreen Community Services	Pape/Danforth 416-572-3575 for information For walk-ins 416-645-6000 ext.1990 www.woodgreen.org	Walk-in counselling (In-person on Tuesdays, & virtual/phone on Wednesdays, 4pm-6:30pm). Walk-in on Tuesday to access, or call on Wednesday to book. Groups are offered periodically (you can ask when completing counselling)	All welcome (Ages 16+)	Over a year for ongoing individual counselling, walk-in available

Reduced-Cost Sliding Scale Counselling Services					*self-referral unless otherwise noted
Organization	Contact Information	Service Details	Population	Cost	Wait-time
Affordable Therapy Network	Locations across Ontario affordabletherapynetwork.com	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. (Jul/24)
Alli Therapy	alli.io Virtual therapy service offering reduced cost therapy to those who need it. Service includes resident/student therapists as well as registered therapists. They can offer individual or couples therapy. Those in Need Can Apply to Pro Bono Program (6 free sessions: airtable.com/appP1ysQ0DfrS66k8/pagExlxWNvyb3CxE/form)		All welcome.	Sliding scale, as low as \$45/session, or 6 Pro-Bono sessions for those w need	Dependent on therapist. (Jul/24)
Calm Collective – Affordable Therapy	Bloor West Village 647-695-7171 thecalmcollective.ca/affordable-therapy/ hello@thecalmcollective.ca	Individual, couples, family, & adolescent therapy. Offer reduced cost/sliding scale rates with student or qualifying therapists. In-person, online, or phone	All welcome.	Ranges from \$65 to 170, visit website for full details	Dependent on therapist. (Jul/24)
Canadian Muslim Counselling	Virtual muslimcounselling.ca/	Individual, pre-marital, couples, family, & religious (Islam faith) therapy	Adults – all welcome	\$150/session, Sliding Scale Available Upon Request	Dependent on therapist (Jul/24)
Centre for Interpersonal Relationships	Bay/College -1-855-779-2347 cfir.ca/who-we-help/reduced-cost-services/ Email: toronto.admin@cfir.ca	Low-cost individual, couple, and family counselling with doctoral student counsellors Also offer psychological services (incl. Autism) for adults, children and adolescents.	All welcome	\$90-\$250 /session (\$150-\$250, some \$90-\$115 range)	No wait-time typically (Jul/24)
Centre for Training in Psychotherapy	Locations across Toronto. http://ctp.net/ctp-referral-service Email: ctpttherapyreferralservice@gmail.com	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	sdf
Dynamic Health Clinic	778 Sheppard Avenue West dynamichealthclinic.ca/ 647-347-5000 admin@dynamichealthclinic.ca	Individual and couples therapy. Can see clients for range of issues, including trauma therapy. Nurse Practitioner can conduct assessment: general psychiatric, brief ADHD, addiction (*note, not OHIP covered and may not be covered by all insurance plans)	All welcome, Ages 15+	Sliding scale rates w qualifying therapists (\$130-160) & student therapists (\$50-100)	No wait time (Jul/24)
Gestalt Student Clinic	Gerrard/Parliament (417 Parliament St.); Also private offices in GTA 416-964-9464 ext.18 gestalt.on.ca/low-cost-therapy-clinic	Student therapists (min 4 yrs of training, some registered w CRPO & can accept insurance) Visit website for more info on Gestalt approach	All welcome.	Student therapist: \$40/session	1-2 weeks
Hard Feelings	Virtual, some services 416-792-4393 hardfeelings.org	Group of private therapists offering low-cost therapy to those with limited capacity to pay. 10-12 sessions.	Ages 18+	\$70-100/hr session; \$110-130 for couples	Check website for available therapists.

Reduced-Cost Sliding Scale Counselling Services					*self-referral unless otherwise noted
Organization	Contact Information	Service Details	Population	Cost	Wait-time
Inkblot Therapy	Virtual therapy with registered psychotherapists Matched to therapist based on needs/concerns. **Most insurance plans are accepted inkblottherapy.com			\$90/hr session (1 st session is free)	Minimal
Layla – Supervised Therapy Program	Virtual therapy with student therapists (MSW or RP students receiving regular supervision) Eligibility: Adults with concerns including: ADHD management, anxiety, emotional regulation, depression, family conflict, life transitions, relationship challenges, self-esteem, sexual or gender identity, stress/burnout Process: Self-refer by completing intake form on website: layla.care/supervised-therapy		Adults with mild/moderate concerns	\$55/session	Minimal
OISE Psychology Clinic	252 Bloor St. W (Bloor/St. George) Adult Intake Line: 416-978-0654 Child/Adolescent: 416-978-0678 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.	\$0-100/hr session, (sliding scale fee available)	Intake is open every September
Open Path Collective	Locations across Ontario openpathcollective.org	List of therapists that offer therapy at a reduced cost. **Note that some are students or qualifying, so double check if your benefits will cover them.	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: \$25-85/hr	Varies, call directly to inquire, at most couple weeks
Toronto Institute for Contemporary Psychoanalysis	427 Vaughan Road (near Oakwood) ticpclinic.ca/for-patients/	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 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: \$40, Senior/couples therapist: \$50-80	Dependent on each therapist.

Community Health Centres

(**all OHIP-covered, intended for those with financial need and without insurance benefits) – Catchment map: https://bit.ly/CHC_catchment

Name	Contact Information	Service Details	Catchment	Wait-time
Black Creek CHC	Sheridan Mall (Jane/Wilson) Yorkgate (Jane/Finch) Tel: 416-249-8000 or 416-246-2388 bchc.com/services/mental-health-counselling-2/	Short-term individual counselling and case management services Self-referral by calling, or physicians can refer using referral form on website	Humber River to Keele, Steeles to Wilson	1-2 months at both locations (Jul/24)
Communiti Care Health Services (previously Four Villages CHC)	communiticare.org/ Tel: 416-855-1066 Locations: 1700 Bloor St W & 3446 Dundas St W,	Network of several community health services in West Toronto. Offer individual therapy & a number of therapy/wellness groups, visit website for upcoming groups & workshops. Physician referral required (fax to 437-317-9815 or intake@communiticare.org)	West end of Toronto (427/Kipling to Dundas West to Lakeshore to Bloor)	4-6 weeks (Aug/24)
Davenport-Perth Neighbourhood & Community Centre	1900 Davenport Road (near Symington Ave) Tel: (416) 658-6812 dpnchc.ca/	Individual counselling and case management Also offer various group programs (incl. DBT group & mindfulness-based relapse prevention for addiction)	Bloor St. to Old City Limits/St. Clair Ave, Railway lines to Bathurst St.	Less than 1 month (Nov/24)
Health Access Thorncliffe Park	45 Overlea Blvd., Unit B7 (East York Town Centre) Tel: (416) 421-6369 fhc-chc.com/health-access-thorncliffe-park/	Part of Flemingdon Health Centre & the Neighbourhood Organization. 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	Varies – none for drop in
Flemingdon Health Centre (FHC)	10 Gateway Blvd (near Don Mills Rd) Tel: (416) 429-4991 x303 fhc-chc.com/our-services/integrated-mental-health-services/	Part of Flemingdon Health Centre & the Neighbourhood Organization. Offer Counselling (10-12 sessions), Case Management, Health System Navigation/ Referral, Group programs Healthcare provider referral required	Living in Flemingdon Park or Thorncliffe Park (Catchment: Eglinton to Lawrence, Don River branch), NOT seeing a Family Doctor at FHC	Minimal, typically less than 1 month
Parkdale Queen West CHC	Parkdale: 416-537-2455 Queen West: 416-703-8482 x.2100 Roncesvalles: 416-537-8222 Dundas/Bathurst: 416-703-8482 pqwchc.org/	Not currently offering individual counselling, but offer anger management, post-partum supports, VAW, youth, & seniors programming. Priority for marginalized, low-income population	Parkside Dr to Yonge St., Bloor to Lakefront *No catchment for postpartum service or VAW	Anger management, & post-partum group accepting self-referral (Aug/24)
Regent Park CHC	Dundas/Parliament Tel: 416-203-4506 regentparkchc.org/social-work-and-community-health-work	Counselling (6 sessions), & long- or short-term case management available (priority given to those w PCP in the CHC, or low-income & precariously housed) Wednesday One Stop Walk-in counselling (WOW): Open 9:30am–11:30am Self-referral welcome; Referral form available online	North to Bloor, South to Lake ON; West to Yonge, East to Don Valley **No catchment for those who are unhoused or do not have OHIP	No waitlist, but close to referrals at times (Aug/24)
Rexdale CHC	Kipling/Rexdale (8 Taber Rd) & Kipling/Finch(21 Panorama Court) Tel: 416-744-0066 rexdalechc.com	Short-term counselling and case management services **Require physician referral (faxed to: 416-744-1881)	Must live within North Etobicoke, with postal codes M9W, M9R, M9V or part of M9P	2-3 weeks (Aug/24)

Community Health Centres

(**all OHIP-covered, intended for those with financial need and without insurance benefits) – Catchment map: https://bit.ly/CHC_catchment

Name	Contact Information	Service Details	Catchment	Wait-time
Scarborough Centre for Healthy Communities	1333 Neilson Rd. Unit 310 schcontario.ca/programs/health-services/interprofessional-primary-care-team/	Individual, couples counselling & case management **Physician referral required, using IPPC referral form	Scarborough residents, no access to private insurance	Less than 1 month (Aug/24)
Stonegate CHC	The Queensway/Park Lawn Rd Tel: 416-231-7070 stonegatechc.org/services/counselling-services/	Individual, couple, and family counselling and case management services Also offer group services Self-referral, complete New Client Registration Form at stonegatechc.org/services/become-a-client/	Kipling to Humber River, Gardiner Expwy to Eglinton	3-4 weeks (Jul/24)
Unison CHC	Jane-Trethewey, Lawrence Heights, Keele-Rogers, Bathurst-Finch Tel: 416-645-7575 Ext. 2914 unisonhcs.org/service/westreach/	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 all Toronto residents (ages 16+, including refugees & persons without status). Multiple languages	6-12 months (Nov/24)
Vaughan CHC	Western York Region/Vaughan site (Jane/Rutherford): 905-303-8490 Northern York Region/Keswick site (Queensway S): 905-476-5621 vaughanhealthcarechc.com/	PACT (People Accessing Care Team) offers short-term counselling sessions (6 sessions, possibility to extend to max of 12). Also offer a number of groups. Physician referral required to book directly with counselling; self-referral accepted but individual will first have to speak with system navigator.	Open to York region residents.	2-3 weeks (Nov/24)
Vibrant Healthcare Alliance	Yonge/Montgomery Tel: 416-486-8666 x7500 vibranthealthcare.ca/	Individual, couples, & family counselling and case management; priority for youth (13-29), seniors (55+) & people with physical disabilities -Self-referral welcome; or Physician/Allied team can fax a referral	Highway 401 to Bloor Street and Bathurst Avenue to Bayview Avenue	3-4 weeks (Aug/24)

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 Only offering in-person appointments, no virtual	Ongoing individual counselling (Structured 8-week CBT or general talk therapy) & psychiatry available <i>Physician referral required.</i>	All welcome. No catchment.	No cost.	CBT: 1-2 mos, Talk therapy: 4 mos; Psych: 9-12 mos (Aug/24)
Brampton Multicultural Community Centre	www.bmccentre.com Brampton - 263 Queen St E, Unit 10 Tel: 905-790-8482 counselling@bmccentre.org	Short-term crisis counselling & case management services; additionally, employment and settlement services	Brampton, Mississauga, Caledon Languages: English, Punjabi, Farsi, Hindi, Dari	No cost.	2-3 weeks (Aug/24)
Catholic Family Services of Peel-Dufferin	https://cfspd.com/services/ Main office: Brampton 60 West Dr., Unit 201 905-450-1608, Intake: x112, General inquiry: x101 Also serve Caledon & Orangeville	Indiv., couple, & family counselling. In-person or virtual. Also offer programming for: abuse (childhood, partner, exposure to, PAR), wellness, yoga, financial wellness <i>To access, call Mississauga intake line & leave message (905-450-1608)</i>	All welcome (ages 12+). No religious affiliation to counselling. Languages: Punjabi, Hindi	Sliding scale fee (no one turned away)	5-6 months (Jul/24)
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 mental health indiv. counselling, family support, substance use (usually 1 session, max 3 sessions) Also offer group/peer support, case management, & recovery support, 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 (May/24)
East Mississauga Community Health Centre (part of LAMP CHC)	Dixie Road/Dundas St. E - Mississauga Tel: 905-602-4082; Counselling x.456 Client Advocacy x457 http://eastmississaugachc.org/ 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 is only available to individuals connected to other services at CHC.	No cost.	1-2 months (Aug/24)
Family Services of Peel	Central Intake: 905-453-5775 fspeel.org/ Mississauga (Hurontario/Hwy 401) Brampton office (Clark/West Drive, Ste 201)(only accepts physician referral from <i>Malton Medical Team</i>) Walk-in Clinic hours: Wed 12-8pm & Sat 9am-12pm (closed holiday weekends)	Individuals must first attend walk-in counselling. Can access up to 3 sessions (with same therapist if requested). You will be added to waitlist for longer-term therapy if appropriate after these 3 sessions. Walk-in offered in-person (Mississauga location) or by phone/video. For phone/video appts, call central intake on Monday to schedule for that week (appts book up quickly).	Services are provided in over 20 languages	Sliding scale fee (based on income); no cost for 3 walk-in sessions	1-2 month wait for ongoing after completing 3 walk-in sessions (Nov/24)
Family Service Toronto	416-595-9618 familyservicetoronto.org Etobicoke locations: Rexdale CHC & LAMP CHC (no counsellor at LAMP currently, but check back)	Individual, couples, family therapy (virtual/in-person – 1 st session is in-person). Also offer variety of online groups/workshops. Free, virtual single sessions available Mondays, Wednesdays and Fridays; 11 a.m. – 5 p.m	All welcome.	Sliding scale fee (\$10-150, based on income)	4 months, or same day walk-in (May/24)

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) 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.	Wait varies depending on service.
MIAG Centre for Diverse Women and Families	Mississauga (3034 Palstan Rd, Suite M3) General Information: 905-270-6252 Counselling Intake: 437-220-6659 miag.ca/services/	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.	Intake in 2 weeks (May/24)
Ontario Structured Psychotherapy	Carepoint Health https://www.ospcarepointhealth.ca/	Short-term CBT & related approaches to treat mild to moderate depression and anxiety. Services range from clinician-guided self-help options to individual or group therapy, online or in-person.	Ages 18+	No cost.	Intake in 4 weeks (Dec/24)
Polycultural Immigrant & Community Services	Bloor/Islington 416-233-0055 ext. 1237 Sheridan Centre 905-403-8860 ext. 5253 polycultural.org/services/specialized-services	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.	1-2 weeks (May/24)
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.	Indiv: 4-5 mos, Group: 1-2 weeks (Aug/24)
Rexdale CHC	Kipling/Rexdale & Jamestown Hub Tel: 416-744-0066 https://www.rexdalechc.com	Short-term counselling and case management services <i>**Require physician referral (faxed to: 416-744-1881)</i>	Must live within North Etobicoke (M9W, M9R, M9V or part of M9P)	No cost.	2-3 weeks (May/24)
Stonegate CHC	The Queensway/Park Lawn Rd Tel: 416-231-7070 www.stonegatechc.org	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.	1-2 months (May/24)
Tangerine Walk-In Counselling	85 Aventura Ct, Mississauga (905) 795- 3530 tangerinewalkin.com/	Walk in counselling (short term)	Ages 12-17 , Brampton and Mississauga,	No Cost	1-2 weeks (May 2024)

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

Telephone & Mobile Mental Health Crisis Support (24-hr)	Distress Centres of Greater Toronto Crisis Outreach and Support Team (COAST) & CMHA Peel (Telephone support for Peel; Mobile support for Mississauga, Brampton, Caledon) 905-278-9036 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	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.onelink.ca/
Search Tools	<ul style="list-style-type: none"> For a comprehensive guide to Mental Health & Addictions resources in Peel-Dufferin, visit: https://cmhapeeldufferin.ca/mental-health-information/find-help/ Health Line, Central West Region: https://www.centralwesthealthline.ca/ ementalhealth.ca – Canada-wide directory; Also provides general mental health info Ocean Health Map: https://oceanhealthmap.ca

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

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Durham Community Health Centre (formerly Carea)	1-877-227-3217 x.1038 Ajax & Oshawa https://www.durhamchc.ca/our-services/integrated-clinical-and-wellness-care/mental-health/	Indiv., couples, & family counselling, up to 12 sessions (phone, virtual, or in-person), daytime hours Also offer group counselling, and Aboriginal counselling & health promotion	All welcome. Intended for individuals with low-income, no access to private benefits	No cost.	2-5 months (May/24)
Catholic Family Services - Durham	Locations in Oshawa & Ajax https://cfsdurham.com/english/psychotherapy-division/ Book intake online at: https://cfsdurham.com/english/get-help/ or call 905-725-3513 ext. 110	Indiv., couples, & family counselling. In-person & virtual.	All welcome.	Sliding scale fee, based on household income. (\$5-65, no one turned away)	13 months, can access single session appt once every 4-6 weeks while waiting (Jun/24)
Community Care Durham	Ajax/Pickering: Bayly St (Pickering, 905-837-0017) Oshawa/Whitby: Sunray St (Whitby, 905-668-6223) communitycaredurham.on.ca/	Indiv. counselling not available. 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 dmhs.ca/	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: 905 666-6239 or 1-888-721-0622 ext 5 www.durham.ca/en/living-here/counselling.aspx	Indiv. counselling (up to 12 sessions). Also offer counselling related to trauma/abuse and intimate partner violence	People who live/work in Durham	Sliding scale fee, based on household income	Up to 12 months, determined during intake call (Apr/24)
GP-Psychotherapy	Locations across Ontario https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online directory of GP psychotherapists. **Note that this website is not updated regularly and some therapists may not be active. Contact therapist directly to inquire.	All welcome.	No cost.	Dependent on each therapist
Ontario Structured Psychotherapy (OSP) program	Offered via BounceBack, Mind Beacon, & Ontario Shores Centre for Mental Health Services https://www.ontarioshores.ca/services/ontario-structured-psychotherapy-program 1-877-767-9642 CentralizedReferral@ontarioshores.ca	CBT or similar treatment, can include: self-help program w guidance, or psychotherapy (1:1/group, virtual/in-person) Self-refer online	Adults (ages 18+) w depression & anxiety-related conditions	No cost.	Self-guided: 8-11 weeks, 1:1/group therapy: 10-12 weeks (May/24)

Other Mental Health Resources for Durham Region

Telephone & Mobile Mental Health Crisis Support (24-hr)	Distress Centre Durham www.distresscentredurham.com Crisis Access Linkage Line (C.A.L.L) (Mobile crisis support, available Mon to Fri, 10am to 8pm)	905-430-2522; Toll-free: 1-800-452-0688 http://dmhs.ca/cause/crisis-response/ 905-666-0483; Toll-free: 1-800-742-1890
Search Tools	<ul style="list-style-type: none"> • Durham Central Intake: https://tamidurham.ca/getting-help/49-durham-central-intake <ul style="list-style-type: none"> ○ (Call between Mon to Thurs, 9am to 8pm, for access to mental health services in Durham) • Durham Region – General mental health info & service info - https://www.durham.ca/en/health-and-wellness/mental-health.aspx • Health Line, Durham Region: http://www.centraleasthealthline.ca/ • ementalhealth.ca – Canada-wide directory; Also provides general mental health info • Ocean Health Map: https://oceanhealthmap.ca 	1-888-454-6275

Scarborough Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Community Family Services of Ontario (formerly Chinese Family Services of Ontario)	416-979-8299 https://cfso.care/ Toll Free: 1-866-979-8298 24 hr hotline: 416-979-5898 Scarborough: Finch/Midland Ave	Individual, couple, family, and group counselling. Also youth services (ages 14 to 24) Also offer settlement services, programs for: violence against women, partner assault response (PAR), problem gambling, substance use, LGBTQ, & family Quick access program – single, 90-min session	Languages: English, Mandarin, and Cantonese	No cost for indiv. therapy; fees for some programs/groups	6 months for indiv. therapy; 1 month for single-session (May/24)
Family Service Toronto	416-595-9618 familyservicetoronto.org Victoria Park Hub location	Individual, couples, & family therapy, typically up to 12 sessions. Also offer: violence against women (VAW), seniors services at this location Free, virtual single sessions available Mondays, Wednesdays and Fridays; 11 a.m. – 5 p.m	Languages: Farsi, Tamil, Spanish, French & English	Sliding scale fee. No cost for VAW & seniors services.	Roughly 3-4 months, or walk-in appts
GP-Psychotherapy	Locations across Ontario www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online directory of GP psychotherapists. **Note that this website is not updated regularly and some therapists may not be active. Contact therapist directly to inquire.	All welcome.	No cost.	Dependent on each therapist
Hong Fook Mental Health Association	Finch/Midland Ave www.hongfook.ca 416-493-4242	Offer indiv. & group therapy, Ontario Structured Psychotherapy program, case management, family supports, access to psychiatry when appropriate. Also counselling for youth (12-24) & family members. No OHIP needed.	East and Southeast Asian communities prioritized. Languages: Cantonese, English, Korean, Mandarin, Tagalog	No cost.	1-2 weeks (May/24)
Scarborough Academic Family Health Team	3000 Lawrence Ave E. 416-690-5180 info@safht.ca safht.ca/mentalhealth	Short term counselling (6-10 sessions) Also offer groups (https://www.safht.ca/groups-mental-health) - self-referral accepted	All welcome. **Physician referral required	No cost.	Roughly 1 month (Aug/24)
Scarborough Centre for Healthy Communities	1333 Neilson Rd. Unit 310 schcontario.ca/programs/health-services/interprofessional-primary-care-team/	Individual, couples counselling & case management **Physician referral required, using IPPC referral form	Scarborough residents, no access to private insurance	No cost.	Less than 1 month (Aug/24)
Scarborough Women's Centre	Markham/Ellesmere Tel: 416-439-7111 www.scarboroughwomenscentre.ca	Indiv. counselling for women dealing with/recovering from abuse & violence. CBT & strengths-based approach	Those who identify as women. Prioritize Scarborough/GTA	No cost.	No waitlist, may refer elsewhere if full (May/24)
Taibu Community Health Centre	27 Tapscott Rd (Neilson Rd, North of Sheppard Ave in Scarborough) Tel: 416-644-3539 www.taibuchc.ca/	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. Ages 12+	No cost.	Open to referrals, wait time unknown

Other Mental Health Resources for Scarborough Region

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

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

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Canadian Mental Health Association (CMHA) – York & South Simcoe	Alliston, Aurora, Markham, Newmarket, Vaughan Central Intake: 1-866-345-0183 x.3321 Email: intake@cmha-yr.on.ca https://cmha-yr.on.ca/	Offer a variety of skills-based groups for individuals with diagnosed serious mental illness	Services primarily for individuals with serious mental illness; Age 18+	No cost.	Check website for upcoming group registration
Catholic Community Services of York Region	Main office: 21 Dunlop St, Richmond Hill Central Intake: 905-770-7040 ext. 241 Toll free: 1-800-263-2075 https://www.ccsyr.org	Short-term individual counselling (8-12 sessions, once every 3 weeks, in-person or virtual). Also offer single-session counselling, and group programs & workshops	Languages: English, Spanish, Farsi, Cantonese and Mandarin. Open to York residents.	Sliding scale fee (won't turn anyone away)	1-2 weeks
Community Family Services of Ontario	416-979-8299 Toll Free: 1-866-979-8298 24 hr hotline: 416-979-5898 https://cfso.care/ Richmond Hill location: 15 Wertheim Court	Individual, couple, family, and group counselling. Also youth services (ages 14 to 24) Also offer settlement services, programs for: violence against women, partner assault response (PAR), problem gambling, substance use, LGBTQ, & family Quick access program – single, 90-min session	Services provided in English, Mandarin, & Cantonese	No cost for indiv. therapy; fees for some programs/groups	6 months for indiv. therapy; 1 month for single-session (May/24)
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: violence against women support (no wait time, no cost), PAR program; Counselling for those with refugee status	All welcome. Several languages (Farsi, Arabic, Urdu, Hindi, Spanish, English, Italian)	Sliding scale fee. Accept insurance benefits	1 year for general counselling
Family Services York Region	Newmarket, Richmond Hill, Georgina 905-895-2371 Toll Free: 1-888-223-3999 fsyr.ca/	Indiv., couples, & family counseling (up to 12 sessions) Also offer some virtual group programming (men, women, children, language/culturally specific); LBTTQ 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)	1-2 weeks for intake call, then 4-5 months for services (longer for evenings) (May/24)
GP-Psychotherapy	Locations across Ontario https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online directory of GP psychotherapists. **Note that this website is not updated regularly and some therapists may not be active. Contact therapist directly to inquire.	All welcome.	No cost.	Dependent on each therapist
Jewish Family and Child	York Branch - Bathurst/Rutherford Tel: 416-638-7800 www.jfandcs.com	Brief individual, couples, & family counselling Also offer groups & workshops	All welcome. No religious affiliation	Sliding scale fee (no one turned away)	Currently closed, may re-open in Feb 2025
Krasman Centre	Newmarket, Alliston, Richmond Hill 24/7 Peer Support: 1-888-777-0979 http://krasmancentre.com/	Offers peer support counselling on a walk-in basis, (support with addictions, mental health, & housing).	York Region.	No cost.	Walk-in.

Ontario Structured Psychotherapy (OSP)	Virtual program. Offered via CMHA-York & South Simcoe, Hong Fook MH Association, and Across Boundaries. cmha-yr.on.ca/get-support/osp/#start	CBT or similar treatment, can include: self-help program w guidance, or psychotherapy (1:1/group, virtual/in-person) Self-refer online.	Ages 18+, mild-moderate concerns	No cost	1-2 weeks for self-guided, 5-9 weeks for high intensity (Nov/24)
Vaughan CHC	Western York Region/Vaughan site (Jane/Rutherford): 905-303-8490 Northern York Region/Keswick site (Queensway S): 905-476-5621 vaughanhealthcarehc.com/	PACT (People Accessing Care Team) offers short-term counselling sessions (6 sessions, possibility to extend to max of 12). Also offer a number of groups. Physician referral required to book directly with counselling; self-referral accepted but individual will first have to speak with system navigator.	Open to York region residents.	No cost.	2-3 weeks (Nov/24)
Women's Centre of York Region	Newmarket Toll Free: 1-855-853-9270 Central Intake: 905-853-9270 x. 111 wcyr.ca/ <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.
York Hills	402 Bloomington Rd, Aurora Phone: 905-503-9560 Email: yorkhills@yorkhills.ca https://www.yorkhills.ca/	Individual & group programs for children, youth, & families to address significant social, behavioural, and emotional challenges.	Children, youth & families in York region	No cost.	Varies depending on program.

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) http://www.yssn.ca/Crisis-Response-Services
Streamlined Access	Central intake point for applying to mental health case management, community support, and supportive housing agencies in York Region www.yssn.ca/streamlined-access Tel: 289-340-0348 Toll Free: 1-844-660-6602 (You can call Mon to Fri, 8:30am - 8:30 pm) Online Application: https://streamlinehub.yssn.ca/referralForm_0.php
Search Tools for York Region	<ul style="list-style-type: none"> • One Stop Shop Directory: https://cmha-yr.on.ca/contact-us/one-stop-shop-directory/ • Health Line, York Region: www.centralhealthline.ca/index.aspx?region=YorkRegion • ementalhealth.ca – Canada-wide directory; Also provides general mental health info • Ocean Health Map: https://oceanhealthmap.ca