



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](https://www.psychologytoday.com), [PsychotherapyMatters.com](https://www.psychotherapymatters.com), or [PsychotherapyOntario.org/find-a-therapist](https://www.psychotherapyonario.org/find-a-therapist)
- **Green Space** ([greenspacehealth.ca](https://www.greenspacehealth.ca)) and **Layla** (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](#))
- **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) with [Mind Beacon](#) provides an affordable & easily accessible alternative to in-person therapy.

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 – 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 walk-in 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
- 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
- **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.
- **ementalhealth.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
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/
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 - 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 \$80-225/session). The service is free and confidential.
- **Layla** - 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**
 - **PsychotherapyOntario.org/find-a-therapist**
 - **Psychotherapy Matters** - **PsychotherapyMatters.com** - All therapists registered with this service have access to psychiatry and can facilitate an assessment with potential follow-up for their clients.

Alternative Counselling Methods - Phone Counselling/ Online Self-Guided Programs

Program Name	Service Description	Referral Details (Eligibility criteria/cost/hours/wait time)
iCBT - Scarborough Health Network	Online CBT program, with clinician support https://www.shn.ca/mental-health/adult-outpatient-mental-health/ Client works through 6 modules of CBT at own pace, with the support of email communication with a mental health clinician at Scarborough Hospital	No catchment. All welcome. No physician referral required. To self-refer , email icbt@shn.ca and state that you're interested in participating in iCBT program, and a therapist will follow up. Cost: OHIP-covered. Wait time: Minimal
BounceBack - CMHA Ontario	Online skill-building program (with mental health coach support) For more info: 1-866-345-0224 or bouncebackontario.ca/ Program based on CBT and interpersonal therapy, to support clients to manage symptoms of anxiety & depression. Includes telephone coaching (3-6 sessions) with trained mental health professional, while working through a variety of workbooks relevant to your needs (incl. sleep problems, postpartum depression, panic & phobias)	Two ways to be referred: Print referral form & fill out with your family doctor at your next visit. Or you can self-refer by completing the online referral form . Wait time: 5 business days following referral For individuals with: Mild or moderate depression (PHQ-9 = 5 to 21), low mood, stress, and/or anxiety; Ages 15+; Available in multiple languages
Big White Wall	Online peer support & self-management tools & workshops bigwhitewall.ca Anonymous, safe, & supportive online community and resources. Register for 24/7 access to guided courses for various mental health concerns and/or peer support forum (moderated by mental health professional).	No referral needed – you can sign up online for anonymous access Cost: Free. Wait time: None.

Self-guided workbooks (**available at TWH Patient & Family Education Library)
Provide information to help you understand what contributes to mood concerns as well as evidence-based therapeutic tools and exercises to help you manage and prevent these concerns

- Mind over Mood** (Greenberger & Padesky) - Cognitive Behavioral Therapy (CBT)
- DBT Made Simple (Van Dijk) – Dialectical Behavior Therapy (DBT)
- Calming the Emotional Storm (Van Dijk) - DBT
- The Mindfulness and Acceptance Workbook for Anxiety** (Forsyth & Eifert) – Acceptance and Commitment Therapy (ACT)
- Full Catastrophe Living** (Kabat-Sinn & Nhat Hanh) – Mindfulness Meditation

Smartphone Apps (free, *some have in-app costs)
Most apps offer skills & tools for managing symptoms, as well as diaries/trackers/record-keeping for moods/feelings/thoughts.

Skills-based support:	Mindfulness Meditation:
What's Up	Headspace
Sanvello (<i>formerly Pacifica</i>)	Simple Habit
Mindshift	Calm
Self-Help Anxiety Management (SAM)	Stop, Breathe, & Think
PTSD Coach Canada	OMG. I Can Meditate!
CBT-i Coach (for insomnia)	

Online self-guided programs

Similar to workbooks, they typically involve an interactive component as well

- **AnxietyCanada – My Anxiety Plan (MAPs)** - maps.anxietycanada.com/ Anxiety management programs based on CBT – option for Children/Teens and Adults
- **MoodGym** - moodgym.com.au/ - **Cost:** \$39 (AUS) per year, structured modules to work through, based on CBT & interpersonal therapy
- **E-couch** – ecouch.anu.edu.au/ - Free. Info, exercises, & workbooks to track progress
- **CCI Self-Help Resources for Mental Health** - www.cci.health.wa.gov.au/Resources/ - Free. Various self-help manuals

Text-message/ online chat counselling (varying costs & support options)

Can involve just text/online chat counselling with registered psychotherapists (including CBT-trained therapists). Some plans include video counselling.

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| • BEACON – mindbeacon.com | • TalkSpace - talkspace.com |
| • 7 Cups – 7cups.com | • Joyable – joyable.com |

Walk-in Counseling Clinics			
Catholic Family Services Central Office: 1155 Yonge Street, Suite 200 (Yonge/Summerhill) North Office: 245 Fairview Mall Dr, Suite 201 (Don Mills/Sheppard)	Central: <u>Tuesdays</u> 9am to 7pm North: <u>Thursdays</u> 9am to 7pm	Central: 416-921-1163 North: 416-222-0048 www.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 Services Toronto 3 rd floor, 355 Church Street (Church/Gerrard)	<u>Wednesdays</u> 3:30-7:30pm; last registration 6:15 pm	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. Only allowed 3 visits/year (after 2 appts, returning clients might not be seen, depending upon demand).
Sherbourne Health Centre 333 Sherbourne Street (Sherbourne/Gerrard)	<u>Tuesdays</u> - register at 12pm, begins 1pm	416-324-4100 ext. 5310 www.sherbourne.on.ca	Free: For clients 16+ who are not receiving mental health services at Sherbourne or at any other agency
Stella's Place 18 Camden St. (Queen/Spadina)	<u>Tuesdays</u> and <u>Thursdays</u> , 3-5pm (last arrival 4:30pm)	416-461-2345 stellasplace.ca/programsconnect@stellasplace.ca	Free: Open to Young Adults (aged 16-29). No appointment is necessary. **Also have drop-in groups and peer support.
What's Up Walk-In Services Multiple locations across Toronto	<u>**For children, youth, young adults, & their families.</u> All locations and walk-in hours: www.whatsupwalkin.ca/service-providers/		Free: 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.
WoodGreen Community Services 815 Danforth Ave (Danforth/Pape)	<u>Tuesdays</u> and <u>Wednesdays</u> open at 4:30pm; last arrival 6:45pm	416-572-3575 www.woodgreen.org	Free: *English/Mandarin Everyone is welcome. No health card is needed. No referral or appointment required. No set limit to number of visits.
Yonge Street Mission Davis Centre, 270 Gerrard St E (Gerrard/Parliament)	<u>Thursdays</u> 4:30pm-8:30pm; opens at 4:15pm; last arrival 6:45pm	1-800-416-5111 or 416-929-9614 ext. 3235 www.ysm.ca info@ysm.ca	Free: Everyone is welcome No health card is needed. No set limit to number of visits.

Phone Support			
The Warm Line (Mental Health Helpline) Operated by peers who have lived with mental illness	Open 8pm-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 both emotional & crisis support	Available 24/7	GTA: 416-408-4357	Peel Region: 905-459-7777

Drop-in/Open Peer Support (Individual and Group)			
Routes – Canadian Mental Health Association (CMHA) 2700 Dufferin Street, Unit 90 (Dufferin/Eglinton)	Drop-in Hours: Tues, Wed, & Thurs 4-8pm; Mon, Fri, Sat 12-8pm	416-781-4199 https://www.routes-cmha.com/	Free. All welcome. Also offer group programming (incl. wellness, mental health & addictions, social groups, & more)
Mood Disorders Association of Ontario (MDAO) 36 Eglinton Ave W #602 (Yonge/Eglinton)	1:1 Peer Support Mon & Wed, 6-8:30pm	416-486-8046 http://www.mooddisorders.ca/node/1370	Free. All welcome. Can drop-in or call ahead to schedule one-on-one support. Also offer many different peer support groups across Ontario (incl. family support) – some drop-in, some require registration

Free/Minimal Cost Counselling Services				
*self-referral unless otherwise noted				
Organization	Contact Information	Service Details	Population	Wait-time
519 Church St. Community Centre	Church/Wellesley www.The519.org 416-392-6878 x 4000	Brief trauma-informed indiv. counselling, 6 sessions Operated by volunteer counsellors, with professional training and supervision	LGBTQ community	2-4 months
Aberfoyle Health Centre	(416) 231-7968 1 Eva Road, Etobicoke	Ongoing indiv. counselling; psychotherapy & psychiatry available, incl. ADHD specialist <i>Physician referral required.</i>	All welcome. No catchment.	4 months (Jun/20)
Abrigo Centre	1645 Dufferin Street (Dufferin/St. Clair) 416-534-3434 http://www.abrigo.ca/	Offer numerous services to English and Portuguese speaking individuals, including indiv. counselling Open intake by phone or drop-in service for counselling, Mon to Fri, 1-3pm	All welcome. Some Portuguese-specific services	Same day for initial appt.
Anishnawbe Health Centre	www.aht.ca Jarvis/Gerrard (416-920-2605) Yonge/Charles – <i>previously Vaughan Rd</i> (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	www.cfstoronto.com 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 **Sliding scale fee (whatever you can pay)	All welcome. English & Spanish avail. (Central Office only)	2-3 mos (10 mos for evening appts) <i>Can access walk-in once/month while on wait list</i>
Centre for Men and Families	Carlton/Sherbourne 647-479-9611 or 1-844-900-CCMF (2263) menandfamilies.org/toronto/	Individual counselling Also offer peer support group, mindfulness, parenting, domestic abuse & trauma support	All welcome for indiv. therapy	2-6 weeks for indiv. therapy
Christian Counselling Services	Yonge/Carleton 416-489-3350 icci@on.aibn.com christiancounsellingservices.com/	Indiv., couples, & family counselling No specific limit to # of sessions Accept third-party insurance benefits Senior counsellors: \$75+; Intern counsellors: \$0+	All welcome. No religious affiliation necessary.	1-2 weeks (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) costi.org/programs/family.php	Indiv. & family counselling Also: psychiatry, women's support group for depression; violence against women support, PAR program **Sliding scale fee.	All welcome. Languages: Spanish, English, Italian	English: 7-8 mos Spanish & Italian: 8-9 mos Psychiatry: internal referrals only
Family Service Toronto	416-595-9618 familyservicetoronto.org • Central Office: 355 Church Street • Bloor/Dufferin (128a Sterling Rd) • Etobicoke: LAMP & Rexdale CHCs • Scarborough: Victoria Park Hub	Indiv., couples, & family counselling Short-term, solution-focused sessions Also offer: LGBTQ (David Kelley services at Central Office), violence against women (VAW), trauma, seniors services **Services not offered at all locations **Sliding scale fee. No cost for VAW & seniors services.	All welcome. Languages: Farsi, Tamil, Spanish, French & English (call for locations)	Closed for Toronto, LGBTQ, & trauma services (<i>should open in May 2020</i>) Etobicoke & Scarborough: 2-3 mos
GP-Psychotherapy	Locations across Ontario www.mdpc.ca/cgi/page.cgi/Public/fin-d-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients: Contact GP psychotherapist directly to inquire	All welcome.	Dependent on each therapist

Free/Minimal Cost Counselling Services				*self-referral unless otherwise noted
Organization	Contact Information	Service Details	Population	Wait-time
Jewish Family and Child	416-638-7800 x.6234 www.jfandcs.com 3 Locations: Bloor/Spadina, Bathurst/Sheppard, Bathurst/Rutherford	Indiv., couples, & family counselling – incl. CBT Also offer CBT service (CBT-trained counsellors) Also offer groups & workshops **Sliding scale fee (whatever you can pay)	All welcome. No religious affiliation	6-8 weeks
Medical Clinic for Person-Centred Psychotherapy	North York: 265 Yorkland Blvd. 416-229-2399 www.medicalpsychclinic.org	GP-Psychotherapy (indiv. & group) Physician referral required	All welcome.	Up to 6 weeks for intake, no guarantee for acceptance
Mennonite New Life Centre	Queen E/Kingston Rd: 416-699-4527 Keele/Wilson: 647-776-2057 Victoria Park/Finch: 416-291-3248 mnlct.org/mentalhealth/	Individual counselling; settlement support services Also offer anger management (indiv. & group, low-cost), trauma-focused, & other group programming	Languages: English, Spanish, Farsi, Turkish, Arabic	Typically short wait list, based on urgency, language & location
Polycultural Immigrant & Community Services	Bloor/Islington (Etobicoke) 416-233-0055 ext. 1237 Sheridan Centre (Mississauga) 905-403-8860 ext. 5253 www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling	Short-term counselling services for children, youth, and adults. Also offer variety of social services (resettlement & refugee, family violence & addiction, women's & family wellness, employment, youth services)	All welcome.	No wait time currently.
Stella's Place	Queen/Spadina 416-461-2345 stellasplace.ca/ Self-referral, you must attend intake: Thursdays at 3pm (1 st come 1 st serve)	Individual counselling & groups (DBT, WRAP, LGBTQ), peer support, & walk-in counselling (Tu & Thurs, 3-5pm) Also offer drop-in programs and registered groups: art group, yoga, running, etc	Young Adults (age 16-29)	6 months for indiv. therapy
TPS&I (Toronto Psychoanalytic Society & Institute)	Locations across Toronto torontops psychoanalysis.com/finding-therapy/ Contact therapist directly.	Individual therapy, using psychoanalytic approach For more information on psychoanalytic psychotherapy, visit their website Dependent on professional. MDs are OHIP-covered.	All welcome.	Dependent on each therapist.
TS Medical Centre	Bloor/Bathurst (692 Euclid Ave) 416-901-9020 ext. 20, or contact therapist directly www.tsmedicalcentre.com	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.
Women's Health in Women's Hands	Yonge/Carlton 416-593-7655 ext. 4912 info@whiwh.com www.whiwh.com/mental-health-services	Individual therapy: up to 15 weekly sessions Priority to: HIV+ women, pre/post-natal (1-yr), ages 16-25, & transgendered. Also offer various groups	Racialized women	6 months
Woodgreen Community Services	Pape/Danforth 416-572-3575 www.woodgreen.org	Individual counselling services, groups are offered periodically (you can ask when completing intake) Also offer walk-in counselling (Tues & Wed evening)	All welcome	6-8 months

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	www.affordabletherapytoronto.com 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	Bay/College 1-855-779-2347 cfir.ca/LowFeeServices.php Self-referral	Low-cost individual, couple, and family counselling with doctoral student counsellors Also offer psychological services for children and adolescents	All welcome	\$60-\$80 /session	None.
Centre for Training in Psychotherapy	Locations across Toronto. 416-964-7919 http://ctp.net/ctp-referral-service/	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	Dependent on therapist.
Gestalt Student Clinic	Gerrard/Parliament (417 Parliament St.) 416-964-9464 ext.18 gestalt.on.ca/low-cost-therapy-clinic/ Also private offices in Toronto, Port Credit, Burlington, & York Region	Student therapists (min 4 yrs of training, some registered w CRPO & can accept insurance) 1 yr – guaranteed at \$40, then renegotiate rate Visit website for more info on Gestalt approach	All welcome. 13 languages	Student therapist: \$40/session	1-2 weeks
Hard Feelings	Bloor/Ossington 416-792-4393 www.hardfeelings.org/	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.
The Living Institute Student Clinic	416-515-0404 livinginstitute.org/living-institute-student-clinic Toronto, Mississauga, Hamilton	Holistic Experiential Process Method (HEP). An existential, psychodynamic, transpersonal and body oriented approach to psychotherapy	All welcome.	Sliding scale fee.	Calls returned within 24 hrs,
OISE Psychology Clinic	252 Bloor St. W (Bloor/St. George) 416-978-0620 www.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.	\$100/hr session, (sliding scale fee available)	Intake is open every September
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: \$20-45/hr	Varies, call directly to inquire
Toronto Institute for Relational Psychotherapy	Locations across Toronto www.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: \$25, Senior/couples therapist: \$40-80	Dependent on each therapist.
Inkblot Therapy	InkblotTherapy.com - Online video counselling with registered psychotherapists Matched to therapist based on needs/concerns. <i>**Most insurance plans are accepted</i>		Cost: \$37.50/30 min. session (1 st session is free);		Minimal wait, depending on your availability
BEACON Digital Therapy	mindbeacon.com – Therapist-assisted online CBT – Can include psychological assessment, up to 12 weeks of access to CBT resources and online messaging with therapist, as well as unlimited access to resources for a year		Cost: Various options; Covered by some employers/insurance providers		Immediate access

Community Health Centres that offer counselling to external clients (all catchment-based & OHIP-covered) – Catchment map: bit.ly/SCOPE_CHC				
Name	Contact Information	Service Details	Catchment	Wait-time
Black Creek CHC	Sheridan Mall (Jane/Wilson) Yorkgate (Jane/Finch) Tel: 416-249-8000 https://www.bcchc.com/services/mental-health-counselling/	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	1-3 weeks at both locations
Davenport-Perth	1900 Davenport Road (near Symington Ave) Intake: 416-652-4366 http://dpnchc.com/health/counseling-services/	Individual counselling and case management Also offer various group programs (including DBT skills group & mindfulness-based relapse prevention for addiction group)	Bloor St. to Old City Limits/St. Clair Ave, Railway lines to Bathurst St.	1-2 months
LAMP CHC	Birmingham/Fifth St. – Etobicoke Tel: 416-252-6471 (Social Worker x. 235) https://lampchc.org/programs-services/clinical-health-services/mental-health-support/	Drop in hours: Monday 1-3:30pm Short-term counselling (8-12 sessions) & 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	Can access drop-in initially; or call to self-refer (1-3 month wait)
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) pqwchc.org/	Individual counselling (6-12 sessions typically) Also offer peer support & groups (incl. post-partum, fathers drop-in, anger management) Priority for marginalized, low-income/social assistance/ no insurance coverage, newcomers, precariously housed.	Parkside Dr to Yonge St., Bloor to Lakefront *No catchment for postpartum service	1 week to 1 month
Regent Park CHC	Dundas/Parliament Tel: 416-203-4506 www.regentparkchc.org/social-work-and-community-health-work	Counselling, long- and short-term case management, and advocacy Priority to low-income & precariously housed, limited access to other services	Housed Clients: King to Gerrard, Sherbourne to Don River Homeless Clients: Lake Ontario to Bloor, Yonge Street to Don River	2-3 months
Rexdale CHC	Kipling/Rexdale Tel: 416-744-0066 x.2 http://www.rexdalechc.com/programs/programs-for-adults/counselling	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	3-4 months
Stonegate CHC	The Queensway/Park Lawn Rd Tel: 416-231-7070 www.stonegatechc.org/programs-services/health-services/counselling-services.html	Individual, couple, and family counselling and case management services Also offer group services Self-referral, complete: Request for Services Form	Kipling to Humber River, Gardiner Expwy to Eglinton	3-4 weeks
Unison CHC: WestReach	Jane/Trethaway Tel: 416-645-7575 Ext. 2050 https://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.	For residents of the Rockcliffe-Smythe and Mount Dennis neighbourhoods.	2 months
Vibrant Healthcare Alliance	<i>(Previously Anne Johnston Health Station)</i> Yonge/Montgomery Tel: 416-486-8666 https://www.vibranthealthcare.ca/social-workers/	Individual, couples, & family counselling and case management for youth (13-29), seniors (55+) & people with spinal cord injuries	Highway 401 to Bloor Street and Bathurst Avenue to Bayview Avenue People with physical disabilities: City of 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, Etobicoke	Ongoing indiv. counselling (limited to once/wk); psychotherapy & psychiatry available No catchment. <i>Physician referral required.</i>	All welcome.	No cost.	3-6 months
Bloom Clinic	40 Finchgate Blvd. Suite 224, Brampton Tel: 905-451-4914 www.bloomclinic.ca/	Individual counselling, no specific limit to # of sessions. <i>* All other counselling services at Bramalea CHC are not open to external clients</i>	Region of Peel. Diagnosed with Hep C or HIV.	No cost.	1-14 days
Catholic Family Services of Peel-Dufferin	www.cfspd.com/counselling.html Mississauga (Hurontario/Hwy 403, 905-897-1644 x.112) Brampton (60 West Drive, 905-450-1608) Caledon (Bolton; 905-450-1608) Orangeville (1-888-940-0584)	Indiv., couple, & family counselling. Also offer programming for: abuse (childhood, partner, exposure to, PAR), wellness, yoga, financial wellness Mississauga Walk-in: Tues, 12:30 - 7:30 pm Brampton Walk-in: Thurs, 12:30 - 7:30 pm <i>**To access ongoing counselling, first attend a walk-in counselling session</i>	All welcome. No religious affiliation to counselling.	1 st 3 walk-in sessions free; then sliding scale fee based on income	
CMHA Peel Dufferin Branch	Brampton (7700 Hurontario), Etobicoke, Caledon, Orangeville sites Central Intake: 905-451-2123 https://cmhapedufferin.ca/types-programs-services/brief-services/	Brief indiv. counselling, family support, substance use (2 sessions only) Also offer: group/peer support, case management, & recovery supports, youth programming. Counselling and treatment (6-8 sessions) for indiv. with moderate to severe mental health concerns	Must reside in Central West LHIN. Translation services available.	No cost.	Dependent on program
East Mississauga Community Health Centre (part of LAMP CHC)	Dixie Road/Dundas St. E - Mississauga Tel: 905-602-4082 x.456 eastmississaugachc.org/programs-services/community-social-support-programs/social-work Open Mon, Tues, Thurs (9-5pm; evening available - depending on client's needs)	Short-term counselling with social worker (Rebeca); 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	Languages: English & Spanish, & interpreter services available <i>* See service details for more</i>	No cost.	Roughly 4 months
Family Services of Peel	Central Intake: 905-453-5775 fspeel.org/ Mississauga (Hurontario/Hwy 403) Brampton office (Clark/West Drive, Ste 201) Malton office (<i>only accepts physician referral from Malton Medical Team</i>)	Indiv., couple, & family counselling Also services for: LGBTQ, male survivors of sexual abuse, PAR, family support, employment, adults with developmental disabilities Clients must live or work in the Region of Peel Walk-in Clinic at Mississauga Office: Wed 12-8pm & Sat 9am-12pm (closed holiday weekends)	Services are provided in over 20 languages	Sliding scale fee.	4-5 months
Family Service Toronto	416-595-9618 www.familyservicetoronto.org Etobicoke locations: LAMP & Rexdale CHC	Indiv., couples, & family counselling (short-term, solution-focused sessions) Also offer: violence against women (VAW), trauma, male survivors of sexual abuse, substance use, seniors services	All welcome.	Sliding scale fee. No cost for VAW & seniors services.	3-4 months, dependent on program
Family Transition Place	Orangeville, Caledon/Bolton, Shelburne Tel: 519-941-4357 Crisis Line (24hrs): 519-941-4357 (519-941-HELP) & 905-584-4357 (905-584-HELP) www.familytransitionplace.ca	Offers individual and group counseling for women (with focus on abuse) Also offer: various abuse support programs, emergency shelter, legal/housing support	Targeted towards those who have experienced abuse	No cost.	

LAMP CHC	Birmingham/Fifth St. – Etobicoke Tel: 416-252-6471 (Melissa: x. 235) www.lampchc.org/content/social-work-programcounselling-services	Drop in hours: Monday 1-4pm & Thursday 1-7pm Short-term counselling & case management, referral to other services if needed. <i>Also the site for a counselor from Family Service Toronto (Call 416-595-9618).</i>	Catchment: The Queensway to Lake Ontario, Etobicoke Creek to Humber Bay Bridge	No cost.	Drop-in initially
MIAG Centre for Diverse Women and Families	Mississauga (3034 Palstan Rd, Suite M3) Tel: 905-270-5865 https://miag.ca/services/	Indiv., couples, & family counselling offered Mondays only, 9-4pm. Can attend for 6 sessions. Also offer women support services, family/parenting workshops, & seniors program.	English & Spanish. For Peel Region only (Brampton, Caledon, Mississauga)	No cost.	1-4 weeks
GP-Psychotherapy	Locations across Ontario www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients: Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
Polycultural Immigrant & Community Services	Bloor/Islington 416-233-0055 ext. 1237 Sheridan Centre 905-403-8860 ext. 5253 www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling	Short-term counselling services for children, youth, and adults. Also offer variety of social services (resettlement & refugee, family violence & addiction, women's & family wellness, employment, youth services)	All welcome.	No cost.	No wait time currently.
Punjabi Community Health Services	Brampton: Sunny Meadow Blvd (905-790-0808) Malton: Drew Rd, Mississauga (905-677-0889) pchs4u.com/	Indiv. supportive counselling & case management services; also community support, concurrent disorders group	Language: English, Punjabi, Hindi, Urdu, Malayalam	No cost.	2-3 months
Rexdale CHC	Kipling/Rexdale & Jamestown Hub Tel: 416-744-0066 x2 http://www.rexdalechc.com/programs/programs-for-adults/counselling	Counselling and case management services <i>Also the site for a counselor from Family Service Toronto (Can access both via intake telephone number.</i>	Catchment: Hwy 427 to Humber River, Steeles to Dixon Rd	No cost.	3-4 months
Stonegate CHC	The Queensway/Park Lawn Rd Tel: 416-231-7070 www.stonegatechc.org/programs-services/health-services/counselling-services.html	Individual, couple, and family counselling and case management services; Also offer group services Self-referral, complete: Request for Services Form	Catchment: Kipling to Humber River, Gardiner Expwy to Eglinton	No cost.	3-4 weeks.
The Living Institute Student Clinic	Toronto, Mississauga, Hamilton, Ancaster Central Intake: 416-515-0404 livinginstitute.org/living-institute-student-clinic	Holistic Experiential Process Method (HEP). An existential, psychodynamic, transpersonal & body oriented approach to psychotherapy	All welcome.	Sliding scale fee. Free Initial consultations.	Unknown.
Thrive Counselling	http://thrivecounselling.org/ Oakville (905-845-3811) Milton (905-845-3811) Burlington (905-637-5256)	Individual, Couple, and Family counselling offered, short-term model (10 session)		Sliding scale fee	At least 2 mos

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

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

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) http://careachc.ca/Clinical-Services/Counselling	Indiv., couples, & family counselling. Also offer group counselling, and Aboriginal counselling & health promotion	All welcome.	No cost.	Less than a month
Catholic Family Services	Oshawa (905-725-3513) Ajax (905-428-1984) Port Perry (905-985-4221) www.cfsdurham.com/english/counselling_program.html	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.	4-5 months, can attend walk-in once/month while on the waitlist
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: 905-666-6240 x.1 or 1-866-840-6697 x.1 www.durham.ca/en/living-here/counselling.aspx	Indiv. counselling (up to 12 sessions)	People who live/work in Durham	Sliding scale fee.	5-6 months
GP-Psychotherapy	Locations across Ontario https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients: Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
Jeff Packer MSW & Associates	Oshawa (58 Rossland Rd W., Suite 211) Tel: 905-571-7441 Email: susan@jeffpacker.com jeffpacker.com/food-4-thought	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)	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 (Call between Mon to Thurs, 9am to 8pm, for access to mental health services in Durham) Health Line, Durham Region: http://www.centraleasthealthline.ca/ ementalhealth.ca – Canada-wide directory; Also provides general mental health info Durham Region – General mental health info & service info - https://www.durham.ca/en/health-and-wellness/mental-health.aspx Durham Region – Social Services - https://www.durham.ca/en/regional-government/social-services.aspx 	1-888-454-6275

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

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Blake Boulton Youth Outreach Service (BBYOS)	41 Blake St (Danforth & Jones) www.bbyos.org (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-Boulton neighbourhood	No cost	Varies – within a week
Bangladeshi-Canadian Community Services	2899 Danforth Ave (near Victoria Park) www.bangladeshi.ca (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	Queen & Coxwell area www.eastendchc.on.ca (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
GP – Psychotherapy	Locations across Ontario www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients. Contact directly to enquire.	All welcome	No cost	Open to new patients or short wait list
Health Access Thorncliffe Park (HATP)	East York Town Centre www.fhc-chc.com/health-access-thorncliffe-park-hatp (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
Mennonite New Life Centre	1774 Queen St E (near Kingston Rd) www.mnlct.org (416)699-4527(ask for mental health intake assessment)	Short-term supportive counselling for newcomers around stress & trauma. Counselling offered by psychologist in English, Arabic, Farsi, Spanish and Turkish.	Immigrants and refugees	No cost	Wait list varies
Michael Garron Hospital – Outpatient Mental Health	825 Coxwell Ave www.tehn.ca/programs-services/mental-health-addiction Intake: (416)469-6310 Dakota Campbell	Time-limited psychotherapy and counselling (6-12 sessions), with psychiatric consultation, available through 2 clinics: Consultation Assessment Time-Limited Treatment (CATT) Program, and Crisis Clinic <i>Referral from healthcare provider required</i>	Adults – All welcome Michael Garron Hospital catchment	No cost	Roughly 6-8 weeks
Woodgreen Community Services – Walk in Counselling	815 Danforth Ave, Suite 100 www.woodgreen.org (416) 572-3575	Walk-in Counselling Service <u>Tuesdays</u> and <u>Wednesdays</u> , 4:30-8:30pm, open at 4:00pm, first come first served No referral or health card required. Can return for subsequent sessions.	Adults - All welcome	No cost	None – drop in
Woodgreen–Crisis Outreach Service for Seniors (COSS)	www.woodgreen.org (416) 217-2077	Crisis Outreach Service for Seniors (COSS) offers a phone line for information, local resources and supportive counselling – can also link to mobile and phone crisis supports as needed	Older adults 55+	No cost	None

East Toronto – Sliding Scale Counselling Services					
Organization	Contact Information	Service Details	Population	Cost	Wait-time
Affordable Therapy Network of Toronto	www.affordabletherapytoronto.com	A website providing a listing of therapists, workshops and on-line therapists at reduced rates in Toronto, several in East Toronto	All welcome	Reduced (\$65 or less) and sliding scale	Varies by therapist & workshop dates
Beaches Therapy Group	Kingston Rd & Woodbine www.Beachestherapy.ca (647) 484-8622	Counselling services by psychology associates, psychotherapists and social workers, located in the Beach neighbourhood	All welcome – adults, children, families and couples	50% discount on regular rates for those requiring affordable therapy	Dependent on therapist
East Toronto Therapy	688 Coxwell Ave (at Danforth) www.easttorontotherapy.com (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	658 Danforth (at Pape) www.fullcircleatc.com	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
The Healing Collective	2005 Danforth Ave (at Woodbine) www.healingcollective.ca	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
Open Path Therapy Collective	www.openpathcollective.org	A non-profit network of mental health professionals offering steeply reduced rates - also provide wellness courses. Several therapists located in East Toronto, and/or offering on-line therapy	Individuals, couples, children, families in financial need	One time membership fee of \$59. Therapy rates of \$30-60	Varies

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

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Chinese Family Services of Ontario	416-979-8299 Toll Free: 1-866-979-8298 24 hr hotline: 416-979-5898 www.chinesefamilyso.com 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 – 4 appointments over span of 6 months	Languages: English, Mandarin, and Cantonese	No cost for indiv. therapy; fees for some programs/groups	12 weeks for indiv. therapy; Less than 1 month for quick access program
Family Service Toronto	416-595-9618 www.familyserVICetoronto.org 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
GP-Psychotherapy	Locations across Ontario www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients: Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
Mennonite New Life Centre	mnlct.org/mentalhealth/ 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
Rosalie Hall	Lawrence/McCowan Rd. 416-438-6880 info@rosaliehall.com	Indiv., couples, & family counselling Also offer: parenting groups, employment support, child development centre	Pregnant youth & young parents	No cost.	
Scarborough Academic Family Health Team	2901 Lawrence Ave E. Suite 101 416.439.7473 info@safht.ca http://www.safht.ca/what.html	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
Scarborough Centre for Healthy Communities	Markham/Lawrence (416-847-4101) Sheppard/Kennedy (416-297-7490) Eglinton/Brimley (416-640-7391) https://www.schcontario.ca/	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
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.	No cost.	1 month
Taibu Community Health Centre	Neilson Rd, North of Sheppard Ave Tel: 416-644-3539 x.242 or email rhamlet@taibuchc.ca www.taibuchc.ca/	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"> • Health Line, Scarborough: https://www.torontocentralhealthline.ca/index.aspx?region=Scarborough • ementalhealth.ca – Canada-wide directory; Also provides general mental health info 	
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: 905-841-3977 Toll Free: 1-866-345-0183 https://cmha-yr.on.ca/	Offer a variety of mental health supports, only offer indiv. therapy for serious mental illness Services include: Depression support group (various locations), Youth Walk-In Clinic, case management, etc. Rapid Access Mood & Anxiety Program (psychiatric support – <i>physician referral required</i>)	Services primarily for individuals with serious mental illness; Age 16+	No cost.	Dependent on program.
Catholic Community Services of York Region	Main office: 21 Dunlop St, Richmond Hill Other locations: Thornhill, Vaughan, Markham, Aurora, Newmarket, Georgina, Maple, Sutton, & Pefferlaw Central Intake: 905-770-7040 ext. 241 Toll free: 1-800-263-2075 http://ccsy.org/counseling/	Walk-in Counselling at Main Office: Mon & Tues, 1 - 9pm (Last session at 7:30pm) Individual counselling at Richmond Hill, Maple, Sutton, Newmarket, and Pefferlaw. Also offer group programs & workshops <i>Central Intake in English only.</i>	Languages: English, Spanish, Farsi, Korean, Cantonese, Mandarin & Italian. Open to York residents.	Sliding scale fee.	Daytime: 2 weeks Evening/weekends: 2 mos
Chinese Family Services of Ontario	416-979-8299 Toll Free: 1-866-979-8298 24 hr hotline: 416-979-5898 www.chinesefamilyso.com Richmond Hill location: 15 Wertheim Court	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	12 weeks for indiv. therapy
COSTI Immigrant Services	Sheridan Mall, 416-244-7714 Vaughan Centre, 905-669-5627 (only offer English & Italian at this location) www.costi.org/programs/family.php	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
Family Services York Region	Newmarket (905-895-2371) Markham (905-415-9719) Richmond Hill (905-883-6572) Georgina (Sutton West; 905-476-3611) fsyr.ca/	Indiv., couples, & family counseling (available online as well) Also offer group programming (men, women, children, language/culturally specific); LGBTQ indiv. & group support	Languages: English, Cantonese, Farsi, Gujarati, Hindi, Korean, Mandarin, Punjabi, Spanish, Tamil, Urdu, French	Sliding scale fee. (initial consultation - \$120)	Varies at each location. Daytime: 2 mos, Evening: 4-6 mos (roughly)
GP-Psychotherapy	Locations across Ontario https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients: Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
Jewish Family and Child	York Branch - Bathurst/Rutherford Tel: 416-638-7800 www.jfandcs.com	Indiv., couples, & family counselling Also offer groups & workshops	All welcome. No religious affiliation	Sliding scale fee.	12-14 weeks
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.

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 vaughanhealthcarehc.com/	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 http://www.wcyr.ca/ <i>Call Central Intake on Thurs mornings (10am-12pm)</i>	Indiv. counselling (solution-focused, ~10 sessions) 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				
	http://www.yssn.ca/Crisis-Response-Services 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 www.yssn.ca/streamlined-access Tel: 289-340-0348 Toll Free: 1-844-660-6602 (You can call Mon to Fri, 8:30am - 4:30 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: onestopdirectory-yr.ca/ • York Region on a Budget (info re: local community resources): bit.ly/York_Budget • Health Line, York Region: www.centralhealthline.ca/index.aspx?region=YorkRegion • ementalhealth.ca – Canada-wide directory; Also provides general mental health info 				