

SHORT-TERM COUNSELLING

Where to go when you're looking for help

Community resources

Most of these community resources are either completely or partially covered by OHIP. For more information about therapy, please refer to the Psychotherapy and Drop-in Counselling resource sheets, which are also available at camh.ca.

The 519

519 Church St., Toronto, ON

www.the519.org

416 392-6874

Services offered: Community counselling by professionally trained and supervised volunteer counsellors

Note: By appointment only

All Saints Church Community Centre

315 Dundas St. E., Toronto, ON

allsaintstoronto.com

416 368-7768

Services offered: Counselling and advocacy, worship and pastoral counselling

Note: Walk-in appointments available, call to make appointment to ensure availability

Alternatives: East York Mental Health Counselling Services Agency

1245 Danforth Ave., ground floor, unit 2, Toronto, ON

http://alternativestoronto.org/?page_id=2

416 285-7996

Services offered: Individual case management and supportive counselling with referrals as necessary

Eligibility: People 16 and older with serious, long-standing mental health problems in the area bordered by Eglinton Ave. E. (north) to Lake Shore Blvd. E. (south), and Broadview Ave. (west) to Victoria Park Ave. (east)

Languages: English, Hindi, Tamil, Malayalam

Note: Apply through the Access Point (theaccesspoint.ca)

Barbra Schlifer Clinic

489 College St., suite 503, Toronto, ON

www.schliferclinic.com

416 323-9149

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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camh

counselling@schliferclinic.com

Services offered: Individual and group counselling, mindfulness and trauma support

Eligibility: Women 16 years and older who have experienced violence, including sexual assault, partner assault, incest or child sexual abuse

Note: Walk-in services and appointments available

Brief Psychotherapy Centre for Women

Women's College Hospital, 76 Grenville St., 7th floor, Toronto, ON

www.womenscollegehospital.ca/programs-and-services/bpcw

416 323-6011

Services offered: Individual and group psychotherapy for women, including cognitive behavioural therapy and mindfulness-based stress reduction

Eligibility: Women over 16 years old

Referral: Self-referral

Fees: Free

Note: There is currently a waitlist

The Canadian Centre for Victims of Torture

194 Jarvis St., 2nd floor, Toronto, ON; various satellite locations

ccvt.org

416 363-1066

Services offered: Support groups, supportive counselling with referrals to additional services as appropriate

Eligibility: Survivors of torture, victims of war and their families

Languages: Call to confirm the availability of services in English, French, Greek, Italian, Spanish, Arabic, Somali, Farsi, Tamil, Albanian, Amharic, Dari, Lingala, Tigrinya

Note: Walk-in services and appointments available

COSTI Immigrant Services

Sheridan Mall, 1700 Wilson Ave., suite 105, Toronto, ON

www.costi.org

416 244-7714

Services offered: Individual, marital, family and family violence counselling; problem gambling services

Eligibility: Open to all, with a focus on newcomer or ethnocultural communities

Fees: Sliding scale based on income

Languages: English, Italian, Spanish

Note: Walk-in services available for intake

Davenport-Perth Community Health Centre

1900 Davenport Rd., Toronto, ON

<http://dpnchc.com/health/counseling-services/>

416 652-4366

Services offered: Individual short- and long-term counselling on personal issues such as abuse, anxiety, parenting and life transitions. Assessment and ongoing counselling services for mental health and addiction are also offered.

Fees: None.

Note: No walk-in appointments available

East End Community Health Centre

1619 Queen St. E., Toronto, ON

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eastendhc.on.ca

416 778-5858

Services offered: Counselling and psychotherapy, including group counselling sessions

Note: Walk-in services available for general inquiries; must be registered as a client to receive service

Family Service Toronto

128A Sterling Rd., suite 202, Toronto, ON

355 Church St., Toronto, ON

LAMP Community Health Centre, 185 Fifth St., Etobicoke, ON

Rexdale Community Health Centre, 8 Taber Rd., Etobicoke, ON

Victoria Park Hub, 1527 Victoria Park Ave., Scarborough, ON

familyservicetoronto.org

416 595-9618

Services offered: Individual, family and couple counselling; single session walk-in counselling; trauma-specific counselling with specialized programs for male and female survivors of sexual abuse; David Kelley services (a counselling program for the LGBTQ+ community that includes HIV/AIDS counselling)

Eligibility: Programs have specific eligibility criteria, walk in if older than 18

Referral: Self-referral

Fees: Fees are on a sliding scale based on income; walk-in sessions are free

Languages: Farsi, Tamil, Spanish, French, English

Note: Location of services varies by program

Four Villages Community Health Centre

Bloor Site: 1700 Bloor St. W., Toronto, ON

Dundas Site: 3446 Dundas St. W., Toronto, ON

<https://4villageschc.ca/services/https://4villageschc.ca/services/>

416 604-0640

Services offered: Mental health and addiction counselling

Fees: None

Hong Fook Mental Health Association

See website for locations

www.hongfook.ca

416 493-4242 ext. 0

Services offered: Short-term supportive counselling and case management

Eligibility: People over 16 years old who are Cambodian, Chinese, Korean or Vietnamese and have difficulty accessing other mental health services and their family members

Languages: English, Korean, Mandarin, Cantonese, Khmer, Vietnamese

Note: Call to speak to intake worker; drop-in services available for self-help program

Ontario Institute for Studies in Education (OISE) at the University of Toronto

252 Bloor St. W., room 7-296, Toronto, ON

oise.utoronto.ca/psychservices

416 978-0620

Services offered: Counselling for children, adolescents and adults, as well as individual psychotherapy

Eligibility: Adults and adolescents with interpersonal, emotional or learning problems

Fees: Sliding scale available

Note: Generally, by appointment only but offers walk-in crisis hour from 4:00 to 5:00 p.m. Monday to Friday; because clients are seen by supervised graduate students, there is no service between June and August

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Parkdale Queen West Community Health Centre

168 Bathurst St., Toronto, ON

pqwchc.org/programs-services/counselling-and-case-management/counselling

416 703-8482 ext. 2100

Services offered: Individual, couple and family counselling and case management (up to 16 sessions); women's, newcomer's, youth and senior's programs; drop-in harm reduction services

Eligibility: People 16 or older in priority neighbourhoods—housed clients: the area bordered by Dovercourt Rd. (west) to University Ave. (east), and College St. (north) to Lake Shore Blvd. W. (south); non-OHIP clients: the area bordered by Dovercourt Rd. (west) to Yonge St. (east), and Dupont St. (north) to Lake Shore Blvd. W. (south); homeless clients: area restrictions do not apply

Languages: English, French, Mandarin, Cantonese, Spanish and Portuguese; interpretation services are available as needed

Note: Generally, by appointment only; drop-in times are available, call to confirm

Regent Park Community Health Centre

456 Dundas St. E., Toronto, ON

www.regentparkchc.org

416 364-2261

Services offered: Individual counselling, case management and advocacy services

Eligibility: Specific populations living in the following neighbourhoods—housed clients: the area bordered by Gerrard St. E. (north) to King St. E. (south), and Don River (east) to Sherbourne St. (west); homeless clients: the area bordered by Bloor St. E. (north) to Lake Ontario (south), and Don River (east) to Yonge St. (west)

Note: There is a waitlist of two months

South Riverdale Community Health Centre

955 Queen St. E., Toronto, ON

www.srchc.ca

416 461-1925

Services offered: Individual counselling

Eligibility: People living in Riverdale between O'Connor Dr. (north) and Lakeshore Blvd. (south), and the Don Valley Pkwy. (west) and Coxwell Ave. (east)

Languages: English, Mandarin, Cantonese

Note: Not currently accepting outside referrals; walk-in services available 1:00 to 3:00 p.m., Monday to Friday; services by appointment only once registered as a client

Stella's Place

18 Camden St., Toronto, ON

www.stellasplace.ca

416 461-2345

Services offered: Individual and group counselling; therapeutic interventions for those struggling with gender identity, substance use, trauma and eating disorders

Eligibility: Young adults aged 16 to 29 with complex mood and anxiety disorders or other mental health needs, and who do not require crisis or acute inpatient services

Note: Drop-in services are available between 1:00 and 5:00 p.m., Monday to Thursday

Unison Health & Community Services

Jane-Trethewey Site: 1541 Jane St., Toronto, ON; 416 645-7575

Bathurst/Finch Site: 540 Finch Avenue West, Toronto, ON; 647 436-0385

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Keele/Rogers Site: 1651 Keele Street, Toronto, ON; 416 653-5400

<http://unisonhcs.org/programs-services/health-services/social-workers/>

Services offered: Individual, family, and couples counselling; crisis intervention and risk assessment; ongoing psychotherapeutic counselling

Fees: None

Women's Health in Women's Hands

2 Carlton St., suite 500, Toronto, ON

www.whiwh.com

416 593-7655

Services offered: Short-term counselling, group sessions and workshops (cognitive behavioural therapy, solution-focused, mindfulness, arts-based, expressive); mental health information and education; advocacy and referrals

Eligibility: Racialized women aged 16 years and older from African, Black, Caribbean, Latin American and South Asian communities

Note: Must be registered as a client to receive service; call or walk in to complete intake form

Children and Youth

Boost Child & Youth Advocacy Centre

890 Yonge St., Toronto, ON

boostforkids.org

416 515-1100 ext. 59231 (intake); 416 515-1100 ext. 59338 (victims of internet sexual exploitation)

Services offered: Short-term immediate counselling

Eligibility: Youth age four to 17 who have experienced a traumatic event and victims of internet sexual exploitation who were 17 years old or younger when the crime took place, and their immediate family members

Note: By appointment only

Central Toronto Youth Services

65 Wellesley St., 3rd floor, Toronto, ON

www.ctys.org

416 924-2100 ext. 245

Services offered: Individual or group counselling for high-risk and hard-to-serve youth (available in the home, neighbourhood or school), for LGBTQ youth experiencing depression or anxiety and for moderate to high-risk youth who are serving a youth order and/or are dealing with matters before a youth court

Eligibility: Youth age 13 to 24 and their families

Referral: Self, professional or school

Note: Walk-in services available

Child Development Institute

197 Euclid Ave., Toronto, ON

www.childdevelop.ca

416 603-1827 ext. 2254 (children under six)

416 603-1827 ext. 3143 (children age six to 11 with behavioural concerns)

416 603-1827 ext. 5221 (youth age eight to 18 with diagnosed learning disabilities)

Services offered: Intensive treatment (home-based support and counselling) for children under six, children between age six and 11 who have severe behavioural disorders (no learning disabilities) and for youth aged eight

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to 18 with diagnosed learning disabilities; individual and group counselling for women and their children (up to 16 years old) who have experienced family violence or childhood sexual abuse

Eligibility: Children (up to age 18), and their families

Note: There is a waitlist of 10 to 12 months for all services; no walk-in

East Metro Youth Services

1200 Markham Rd., suite 200, Toronto, ON

emys.on.ca

416 438-3697

Services offered: Individual and family counselling

Eligibility: Youth ages 12 to 18 and their families

Referral: Call or walk in

Griffin Centre

1126 Finch Ave. W., unit 16, Toronto, ON

www.griffincentre.org

416 222-1153

Services offered: Individual, family, group and short-term counselling

Eligibility: Youth age 12 to 18 with mental health concerns and their families

Languages: English, Spanish, Farsi; interpretation for other languages can be arranged

Note: Telephone support, drop-in services and appointments available

Etobicoke Children's Centre

65 Hartsdale Dr., Toronto, ON

2267 Islington Ave, lower level, Toronto, ON (walk-in clinic)

www.etobicokechildren.com

416 240-1111

Services offered: Assessment, counselling and referral services

Eligibility: Children up to age 16 who are at risk of or experiencing mental health issues and their families

Referral: Parent with custody or legal guardian, self-referral by youth age 12 and older who have the ability to consent to service

Note: Walk-in services available at satellite clinic, call or visit website for hours

Hard Feelings

848 Bloor St. W., Toronto, ON

www.hardfeelings.org

416 792-4393

kate@hardfeelings.org

Services offered: Low-cost counselling and a storefront where people can buy books and self-care products

Eligibility: People facing financial barriers to accessing mental health supports

Fees: Sliding scale ranging from \$50 to \$80 for individual counselling and \$80 to \$100 for family or couple counselling, depending on financial need; first session is \$50

Note: To make an appointment, go on to the website and choose the counsellor you want to see (who doesn't have a waitlist)

Skylark Children, Youth and Families

40 Orchard View Blvd., lower level, unit 102, Toronto, ON

www.skylarkyouth.org

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416 482-0081

Services offered: Individual and family counselling for social, emotional and behavioural concerns; referrals to medical and social services

Eligibility: Youth between 13 and 21 with mental health issues or complex special needs and their families

Note: Walk-in services available

Yorktown Child and Family Centre

2010 Eglinton Ave. W., suite 300, York, ON

www.yorktownfamilyservices.com

416 394-2424

Services offered: Counselling; trauma-focused cognitive behavioural assessment and treatment; support and counselling for youth and families involved with, or at risk of being involved with, child welfare

Eligibility: Children between the ages of seven and 18, and their caregivers

Note: Walk-in service available, call or visit website for hours

Toronto Students

Centennial College

See website for locations

www.centennialcollege.ca/student-life/student-services/the-counselling-centre

416 289-5000 ext. 7252 (Ashtonbee)

416 289-5000 ext. 8025 (Morningside)

416 289-5000 ext. 2627 (Progress)

416 289-5000 ext. 8664 or 2627 (Story Arts Centre)

Services offered: Personal counselling, crisis intervention and referrals

Eligibility: Centennial College students

Note: Generally, by appointment only; walk-in hours on Wednesdays

George Brown College Counselling

See website for locations

www.georgebrown.ca/current_students/counselling

416 415-5000 ext. 2107 (St. James)

416 415-5000 ext. 4585 (Casa Loma)

416 415-5000 ext. 5370 (Waterfront)

Services offered: Individual counselling and workshops

Eligibility: Full-time George Brown College students

Note: Walk-in services and appointments available

Good2Talk Helpline

good2talk.ca

1 866 925-5454

Services offered: Professional counselling, information and referrals about mental health and addictions services and supports, 24 hours a day, seven days a week, 365 days a year

Eligibility: Post-secondary students

Humber College

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See website for locations

humber.ca/student-life/swac/health-counselling/counselling

416 675-5090 (North)

416 675-6622 ext. 3331(Lakeshore)

Services offered: Individual counselling, a LGBTQ+ resource centre and autism spectrum disorder support group

Eligibility: Humber College and Guelph–Humber students

Note: By appointment only, same day appointments available

OCAD University

230 Richmond St. W., level 6, Toronto, ON

www.ocadu.ca/services/health-and-wellness.htm

416 922-6000 ext. 260

hwc@ocadu.ca

Services offered: Individual counselling for those experiencing a crisis or needing ongoing therapy

Eligibility: OCAD University students

Note: Call or walk in

Ryerson Student Development & Counselling

Jorgenson Hall, 350 Victoria St., Toronto, ON

www.ryerson.ca/healthandwellness/counselling

416 979-5195

Services offered: Individual counselling, group counselling and access to psychiatry services

Eligibility: Ryerson students

Note: By appointment only, same day appointments available

Seneca College

Counselling office at each Seneca location, see website for locations

www.senecacollege.ca/students/counselling

416 491-5050 ext. 22900 (Newnham)

416 491-5050 ext. 55157 (King)

416 491-5050 ext. 77508 (Markham)

416 491-5050 ext. 33150 (York)

Services offered: Short-term counselling for a range of issues and referrals for long-term support

Eligibility: Seneca College students

Note: By appointment only; walk-in services available if in crisis

University of Toronto Health & Wellness Centre

Koffler Student Services Centre, 214 College St., 2nd floor, Toronto, ON

www.studentlife.utoronto.ca/hwc/contact-us

416 978-8030

Services offered: Individual psychotherapy, pharmacotherapy, group therapy, counselling through various faculties

Eligibility: University of Toronto students

Note: By appointment only

York University Personal Counselling Services

N110 Bennett Centre for Student Services, Toronto, ON

mhw.info.yorku.ca/organization/personal-counselling-services

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416 736-5297

Services offered: Individual, group and couples counselling; access to psychiatry services

Eligibility: York University students

Note: By appointment only; walk-in services available if in crisis

Culture-specific

Arab Community Centre of Toronto

555 Burnhamthorpe Rd., suite 209, Toronto, ON

www.acctonline.ca

416 231-7746

Services offered: Individual and family counselling; youth counselling and parenting sessions, including liaising with Children's Aid Society; counselling and referral services for victims of family violence

Eligibility: Open to everyone

Note: Walk-in services and appointments available

Bangladeshi–Canadian Community Services

2899 Danforth Ave., Toronto, ON

www.bangladeshi.ca

416 699-4484

Services offered: Individual, couples and family counselling; career counselling for internationally trained professionals; youth counselling; support groups for families

Eligibility: Open to all, including immigrants and refugees, with a focus on Crescent Town and surrounding neighbourhoods

Centre Francophone de Toronto

555 Richmond St. W., 3rd floor, Toronto, ON

www.centrefranco.org

416 922-2672

Services offered: Therapy, counselling and outreach for individuals, couples, families and groups; counselling and outreach for people with severe and persistent mental health issues

Eligibility: French-speaking people living, working, studying or visiting in Toronto

Note: By appointment only

Centre for Spanish Speaking Peoples

2141 Jane St., 2nd floor, Toronto, ON

www.spanishservices.org

416 533-8545

Services offered: Women's program and counselling services

Eligibility: Open to all, with a focus on the Spanish-speaking community

Fees: Most services are free; nominal fees for some programs

Note: Call for intake services

Addiction counselling

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Agincourt Community Services Association

4155 Sheppard Ave. E., suite 100, Toronto, ON

www.agincourtcommunityservices.com

416 321-6912 ext. 221

Services offered: Addiction counselling and case management

Eligibility: People living in the neighbourhood bordered by Steeles Ave. E. (north) to Lawrence Ave. E. (south), and Victoria Park Ave. (west) to Markham Rd. (east)

Note: By appointment only

Languages: English, Arabic, Mandarin, Cantonese, Tamil, Macedonian

John Howard Society

1669 Eglinton Ave. W., Toronto, ON

johnhoward.on.ca/toronto

416 925-4386 ext. 226

Services offered: Individual and group substance abuse counselling, with a harm reduction approach

Eligibility: Men

Note: Call for service

Just For Today Services

3090 Kingston Rd., suite 400B, Toronto, ON

jfttharmreduction.com

416 693-5877

Services offered: Individual counselling, recovery support groups and family abuse/anger management program for men and women

Eligibility: People with substance use problems

Fees: Fees for some programs, with a sliding scale available

Note: By appointment only, walk-in services available if in crisis