

SHORT-TERM COUNSELLING

Where to go when you're looking for help

Community-based Counselling

This resource sheet lists community-based services in the Greater Toronto Area (GTA). Most of these services are completely or partially covered by OHIP. For more information about therapy, see the “Psychotherapy” and “Drop-in Counselling” resource sheets by searching for “Resource Sheets” at www.camh.ca.

Alternatives: East York Mental Health Counselling Services Agency

1245 Danforth Avenue, ground floor, Unit 2, Toronto

<https://alternativestoronto.org/case-management>

Tel.: 416 285-7996

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

Eligibility: People age 16+ with serious, long-standing mental health problems in the area bordered by Eglinton Avenue East to Lake Shore Boulevard East, and Broadview Avenue to Victoria Park Avenue

Languages: English, Hindi, Tamil, Malayalam

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

Barbra Schlifer Commemorative Clinic

489 College Street, Suite 503, Toronto

www.schliferclinic.com/counselling-services

Tel.: 416 323-9149

counselling@schliferclinic.com

Services: Individual and group counselling, mindfulness, trauma support

Eligibility: Women age 16+ who have experienced violence, including sexual assault, partner assault, incest or child sexual abuse

Note: Walk-in services and appointments

Canadian Centre for Victims of Torture

194 Jarvis Street, 2nd floor, Toronto (main office); see website for other locations

<https://ccvt.org/mental-health-counselling-support>

Tel.: 416 363-1066

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

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

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

Note: Walk-in services and appointments

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

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COSTI Immigrant Services

Sheridan Mall, 1700 Wilson Avenue, Suite 105, Toronto

www.costi.org/programs/program_details.php?sid=31&pid=3&id=162

Tel.: 416 244-7714

famcounselling@costi.org

Services: 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

1892 Davenport Road, Toronto

www.dpnchc.ca/service-page/counselling-and-therapy

Tel.: 416 652-4366

Services: Individual short- and long-term counselling for issues such as communication, relationships, adjusting to new arrival in Canada, parenting, mental health issues, substance use, abuse, trauma

Fees: None

Note: By appointment only

East End Community Health Centre

1619 Queen Street East, Toronto

eastendchc.on.ca

Tel.: 416 778-5858

Services: Counselling, including groups, for stress, anxiety, depression, abuse, relationship difficulties

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

Family Service Toronto

See website for locations

<https://familyservicetoronto.org>

Tel.: 416 595-9618

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

Eligibility: Criteria vary by program; walk-in available for people age 18+

Referral: Self-referral

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

Languages: Farsi, Tamil, Spanish, French, English

Four Villages Community Health Centre

1700 Bloor Street West, Toronto

3446 Dundas Street West, Toronto

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

Tel.: 416 604-0640

Services: Mental health and addiction counselling

Fees: None

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Hong Fook Mental Health Association

See website for locations

www.hongfook.ca

Tel.: 416 493-4242 ext. 0

Services: Short-term supportive counselling and case management

Eligibility: People age 16+ who are Cambodian, Chinese, Korean or Vietnamese and have difficulty accessing other mental health services; family members also eligible

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

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

Ontario Institute for Studies in Education (University of Toronto)

252 Bloor Street West, Room 7-296, Toronto

www.oise.utoronto.ca/psychology-clinic/adult-services

Tel.: 416 978-0654

Services: Counselling for children, adolescents and adults; individual psychotherapy

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

Fees: Sliding scale

Note: By appointment only, but walk-in for crisis available Monday to Friday, 4:00 pm–5:00 pm; clients are seen by supervised graduate students, so there is no service between June and August

Parkdale Queen West Community Health Centre

168 Bathurst Street, Toronto

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

Tel.: 416 537-2455 ext. 1232

Services: Individual, couple and family counselling and case management (up to 16 sessions); programs for women, newcomers, youth, older adults; drop-in harm reduction services

Eligibility: People age 16+ in catchment areas—housed clients: Dovercourt Road to University Avenue and College Street to Lake Shore Boulevard West; non-OHIP clients: Dovercourt Road to Yonge Street and Dupont Street to Lake Shore Boulevard West; homeless clients: no area restrictions

Languages: English, French, Mandarin, Cantonese, Spanish, Portuguese; interpreters available as needed

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

Regent Park Community Health Centre

456 Dundas Street East, Toronto

<https://regentparkchc.org/program/social-work>

Tel.: 416 364-2261

info@regentparkchc.org

Services: Individual counselling, case management, advocacy services

Eligibility: People living in catchment areas—housed clients: Gerrard Street East to King Street East and Don River to Sherbourne Street; homeless clients: Bloor Street East to Lake Ontario and Don River to Yonge Street

Note: Two-month waitlist

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Stella's Place

18 Camden Street, Toronto

www.stellasplace.ca

Tel.: 416 461-2345

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

Eligibility: People age 16–29 with complex mood and anxiety disorders or other mental health needs who do not require crisis or acute inpatient care

Note: Drop-in Monday to Thursday, 1:00 pm–5:00 pm

Unison Health & Community Services

1541 Jane Street, Toronto; tel.: 416 645-7575

540 Finch Avenue West, Toronto; tel.: 647 436-0385

1651 Keele Street, Toronto; tel.: 416 653-5400

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

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

Fees: None

Women's Health in Women's Hands

2 Carlton Street, Suite 500, Toronto

www.whiwh.com/mental-health-services

Tel.: 416 593-7655

info@whiwh.com

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

Eligibility: Women age 16+ from African, Black, Caribbean, Latin American and South Asian communities

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

Counselling for Children and Youth

Boost Child & Youth Advocacy Centre

890 Yonge Street, Toronto

<https://boostforkids.org>

Tel.: 416 515-1100 ext. 59231 (intake)

Tel.: 416 515-1100 ext. 59338 (victims of internet sexual exploitation)

Services: Short-term immediate counselling

Eligibility: Youth age 4–17 who have experienced trauma; victims of internet sexual exploitation who were age 17 or younger when the crime took place, as well as immediate family members

Note: By appointment only

Central Toronto Youth Services

65 Wellesley Street, 3rd floor, Toronto

www.ctys.org

Tel.: 416 924-2100 ext. 245

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

Eligibility: Youth age 13–24 and their families

Referral: Self-referral or referral by professionals or school personnel

Note: Walk-in available

Child Development Institute

197 Euclid Avenue, Toronto

www.childdevelop.ca

Tel.: 416 603-1827 ext. 2254 (under age 6)

Tel.: 416 603-1827 ext. 3143 (age 6–11 with behavioural issues)

Tel.: 416 603-1827 ext. 5221 (age 8–18 with diagnosed learning disabilities)

info@childdevelop.ca

Services: Intensive treatment (home-based support and counselling) for children under age 6, children age 6–11 with severe behavioural disorders (no learning disabilities), youth age 8–18 with diagnosed learning disabilities; individual and group counselling for women and their children (up to age 16) who have experienced family violence or childhood sexual abuse

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

Note: Waitlist is 10–12 months; no walk-in

East Metro Youth Services

1200 Markham Road, Suite 200, Toronto

emys.on.ca

Tel.: 416 438-3697 ext. 19055

Services: Individual and family counselling for anxiety, depression, trauma, addiction, behavioural issues, conflict

Eligibility: Youth age 12–18 and their families

Referral: Call or walk in

Etobicoke Children's Centre

65 Hartsdale Drive, Toronto

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

www.etobicokechildren.com

Tel.: 416 240-1111

Services: Assessment, counselling and referral services

Eligibility: Children up to age 16 at risk of or experiencing mental health issues, as well as their families

Referral: Parent with custody or legal guardian, self-referral by youth age 12+ with ability to consent to service

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

Hard Feelings

848 Bloor Street West, Toronto

www.hardfeelings.org

Tel.: 647 740 3335

kate@hardfeelings.org

Services: Low-cost counselling

Eligibility: People facing financial barriers to accessing mental health support

Fees: Sliding scale, \$50–\$80 for individual counselling, \$80–\$100 for family or couples; \$50 for first session

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

Lumenus – Individual and Family Counselling

1126 Finch Avenue West, Unit 16, Toronto

www.lumenus.ca/programs-and-services/individual-family-counselling-2

Tel.: 416 482-0081

info@lumenus.ca

Services: Individual and family counselling for young people in Toronto with developmental challenges, mental health issues or autism

Eligibility: Young people up to age 18 with mental health issues or complex special needs, as well as their families

Note: Walk-in services available

Yorktown Child and Family Centre

2010 Eglinton Avenue West, Suite 300, Toronto

www.yorktownfamilyservices.com/child-youth-and-young-adult-programs/clinical-services

Tel.: 416 394-2424

Services: 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 age 7–18 and their caregivers

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

Counselling for Post-secondary Students (mostly GTA)

Centennial College – Personal Counselling Services

See website for locations

www.centennialcollege.ca/student-life/student-services/centennial-advising-and-pathways-services/personal-counselling-services

Tel.: 416 289-5000 ext. 7252 (Ashtonbee site)

Tel.: 416 289-5000 ext. 8025 (Morningside site)

Tel.: 416 289-5000 ext. 2627 (Progress site)

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

Services: Individual counselling, crisis intervention, referrals

Eligibility: Centennial College students

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

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George Brown College – Counselling and Student Well-being

See website for locations

www.georgebrown.ca/current_students/counselling

Tel.: 416 415-5000 ext. 2107 (St. James site)

Tel.: 416 415-5000 ext. 4585 (Casa Loma site)

Tel.: 416 415-5000 ext. 5370 (Waterfront site)

Services: Individual counselling and workshops

Eligibility: Full-time students at George Brown College

Note: Walk-in services and appointments

Good2Talk Helpline

<https://good2talk.ca>

Toll-free tel.: 1 866 925-5454

Services: Professional counselling, information, referrals to mental health and addiction services; available 24/7

Eligibility: Post-secondary students in Ontario and Nova Scotia

Humber College – Counselling Services

See website for locations

<https://humber.ca/student-life/swac/health-counselling/counselling-services>

Tel.: 416 675-5090 (North campus)

Tel.: 416 675-6622 ext. 3331 (Lakeshore campus)

enquiry@humber.ca

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

Eligibility: Students of Humber College and Guelph–Humber

Note: By appointment only, same-day appointments available

OCAD University – Student Wellness Centre

230 Richmond Street West, Level 6, Toronto

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

Tel.: 416 922-6000 ext. 260

hwc@ocadu.ca

Services: Individual counselling for people in crisis or in need of ongoing therapy

Eligibility: Students at OCAD University

Note: Call or walk in

Seneca College – Counselling Services

Counselling office at each Seneca site, see website for locations

www.senecacollege.ca/students/counselling

Tel.: 416 491-5050 ext. 22900 (Newnham site)

Tel.: 416 491-5050 ext. 55157 (King site)

Tel.: 416 491-5050 ext. 77508 (Markham site)

Tel.: 416 491-5050 ext. 33150 (York site)

senecacnas@senecacollege.ca

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

Eligibility: Students at Seneca College

Note: By appointment only; walk-in for crisis

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Toronto Metropolitan University – Centre for Student Development and Counselling

Jorgenson Hall, 350 Victoria Street, Toronto
www.torontomu.ca/student-wellbeing/counselling
Tel.: 416 979-5195
csdc@torontomu.ca

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

Eligibility: Students at Toronto Metropolitan University

Note: By appointment only, same-day appointments available

University of Toronto – Health and Wellness Centre

Koffler Student Services Centre, 214 College Street, 2nd floor, Toronto
www.studentlife.utoronto.ca/hwc/contact-us
Tel.: 416 978-8030
info.hwc@utoronto.ca

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

Eligibility: Students at the University of Toronto

Note: By appointment only

York University – Counselling Services

N110 Bennett Centre for Student Services, Toronto
www.yorku.ca/well-being/resources/students
Tel.: 416 736-5297

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

Eligibility: Students at York University

Note: By appointment only; walk-in for crisis

Culture-specific Counselling

Arab Community Centre of Toronto

555 Burnhamthorpe Road, Suite 209, Toronto
www.acctonline.ca
Tel.: 416 231-7746
info@acctonline.ca

Services: Individual and family counselling; youth counselling; 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

Bangladeshi–Canadian Community Services

2899 Danforth Avenue, Toronto

www.bangladeshi.ca

Tel.: 416 699-4484

info@bangladeshi.ca

Services: Individual, couple 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 the Crescent Town neighbourhood

Centre for Spanish Speaking Peoples

2141 Jane Street, 2nd floor, Toronto

www.spanishservices.org

Tel.: 416 533-8545

info@spanishservices.org

Services: Women’s program and counselling services

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

Fees: Most services free; nominal fees for some programs

Note: Call for intake services

Centre Francophone de Toronto

555 Richmond Street West, 3rd floor, Toronto

www.centrefranco.org

Tel.: 416 922-2672

infos@centrefranco.org

Services: 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 who live, work, visit or study in Toronto

Note: By appointment only

Addiction Counselling

Agincourt Community Services Association

4155 Sheppard Avenue East, Suite 100, Toronto

www.agincourtcommunityservices.com

Tel.: 416 321-6912 ext. 221

Services: Addiction counselling, case management

Eligibility: People who live in the neighbourhood bordered by Steeles Avenue East to Lawrence Avenue East, and Victoria Park Avenue to Markham Road

Note: By appointment only

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

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John Howard Society

1669 Eglinton Avenue West, Toronto

johnhoward.on.ca/toronto

Tel.: 416 925-4386 ext. 226

Services: Individual and group counselling for substance use problems, with a harm reduction approach

Eligibility: Men

Note: Call for service

Just for Today Services

3090 Kingston Road, Suite 400B, Toronto

www.jftharmreduction.ca

Tel.: 416 693-5877

Services: 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, sliding scale available

Note: By appointment only, walk-in for crisis