



NORTH
YORK
FAMILY
HEALTH
TEAM

MENTAL HEALTH & ADDICTION SUPPORT

ConnexOntario (24/7)
(Addiction, Mental Health, and
Problem Gambling Treatment Services)

1-866-531-2600

Warm Lines

Warm Line- Progress Place

416 323-3721 (12pm- 8pm)
416 960-9276 (8pm - 12am)

**Warm Line & Peer Crisis Support
Services**

(Available 24/7 for York Region, South
Simcoe and North York)

1-888-777-0979

TIPS Warm line

(Mood Disorder Association of Ontario-
Mon-Fri 9:30am-5pm)

1-866-363-6663

Virtual Walk-in One-on-One Counselling

Family Services Toronto

(Free single session on weekdays
9am-6pm)

416 595-9618

Catholic Family Services

(Tuesday & Thursday 9am-7pm Sliding
scale fee)

416 921-1163

416 222-0048



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Woodgreen Community services
(**Free** - Register 4:15-6:45pm on
Tuesday & Wednesday)

416 645-6000 ext. 1990

Sherbourne Health
(**Free** - Register at noon on Tuesday)

416 324-4109

Wellness Together Canada
Available 24/7
(**Free** - Same-day, single session
phone counselling (for 16 years+))

Adults: 1-866-585-0445

Youth: 1-888-668-6810

<https://ca.portal.gs/>

OHIP/Sliding scale counselling

**Medical Psychotherapy
Association Canada**
(OHIP Covered)

416 410-6644

<https://www.mdpac.ca/>

**The Medical Clinic for Person Centred
Psychotherapy**
(OHIP Covered, referral needed)

416 229-2399

1-888-229-8088

Catholic Family Services Toronto
(Sliding Scale)

Central Toronto: 416 921-1163

North Toronto :416 222-0048



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Family Service Toronto (Sliding scale - Locations across Toronto)	416 595-9618
Jewish Family and Child (Sliding Scale)	416 638-7800 x 6234
Sherbourne Health (LGBTQ, Newcomers, Homeless/under housed)	416 324-4109 (Free)
PEOPLE ACCESSING CARE TEAMS (PACT) (OHIP Covered, Referral Needed)	Black Creek CHC: 416 249-8000 or 416 246-2388 Vaughan CHC: 905 303-8490 Ext.4
Spiritual and Religious Care - NYGH (Free)	416 756-6311
Riverdale Immigrant	vawcounselling@riverdalehub.ca
Women's Centre (Free for those 16+ who identify as women, nonbinary or gender conforming who have experienced violence <i>Available: Mon to Thurs, 9am to 2pm</i>)	647 395-3605
Don Mills Family Health Team (OHIP Covered, referral needed, 16+ years)	Fax referral to 416 444-584
FUTFS (Korean speaking counselling)	https://www.futfs.org/



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Child, Youth & their families

Help Ahead

Centralized phone line to access child, youth and family mental health and well-being resources in Toronto
(Monday to Friday 9 a.m. - 7 p.m.;
Saturday 9 a.m. - 5 p.m.)

1-866-585-6486

Sunnybrook Family Navigation Project (FNP)

Helps young people and their families navigate the mental health and addictions system to find the care they need in the Greater Toronto Area (Durham, Halton, Peel, Toronto, York)

1-800-380-9367

What's Up Walk in

Immediate mental health counselling for children, youth, young adults and their families, and families with infant.
(Mon to Fri 9AM – 7PM; Sat 10AM — 4PM)

1-866-585-6486



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Lumenus

<https://www.lumenus.ca/programs-and-services/individual-family-counselling-2/>

George Hull

<https://georgehullcentre.ca/services/mental-health-services/counselling-services/>

Stella's Place (29 and under)

416 461-2345
www.stellasplace.ca

Domestic Violence/Intimate Partner Violence

Toronto/GTA resources

<https://www.toronto.ca/wp-content/uploads/2017/12/8c17-R1-Domestic-Intimate-Partner-Violence-Resources-FINAL.pdf>



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Addiction Supports

Rapid Access Addiction Medicine

<https://sunnybrook.ca/content/?page=bsp-rapid-addiction-medicine>

**Safer Use Peer Support Line
Addiction services of Central
Ontario**

1-888-233-5633 (10 PM — 3 AM)

Services of Central Ontario

1 (800) 263-2288

**Smart Recovery- Life Beyond
Addiction**
(group support)

<https://www.smartrecovery.org/>

**Breaking Free from
Substance Abuse**

<https://www.breakingfreeonline.ca/>



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Therapist Offering Reduced Rate Counselling

Affordable Therapy Network

Low-cost rate ranging
between \$50- \$65
sliding scale rates
between \$70-\$120

<https://affordabletherapynetwork.com/>

Open Path Psychotherapy Collective

psychotherapy sessions
between \$30 and \$60
(between \$30 and \$80 for
couples & family sessions)

<https://openpathcollective.org/>

Christian Counselling Services

Individual, couples, &
family counselling
Senior counsellors: \$75+;
Intern counsellors: \$0+

416 489-3350

<http://christiancounsellingservices.com/>

The Centre for Training in Psychotherapy (reduced fee)

<https://ctp.net/ctp-referral-service/>
ctpthrapyreferralservice@gmail.com



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Private counselling

Psychology Today

www.psychologytoday.com/ca/

LAYLA

<https://www.layla.care/>

Psychotherapy Ontario

<https://osrp.ca>

Free Online resources:

Online skill-building program

1-866-345-0224 or
www.bouncebackontario.ca

**Online peer support &
self-management tools**

<https://togetherall.com/en-gb/big-white-wall/>

Body Brave (eating disorders)

<https://www.bodybrave.ca/>



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Free Online self-guided programs

**AnxietyCanada — My Anxiety Plan
(MAPs)**

<https://www.anxietycanada.com/>

Wellness Together Canada

<https://www.wellnesstogether.ca/en-ca/>

**CCI Self-Help Resources
for Mental Health**

www.cci.health.wa.gov.au

COVID-19 Support

<https://mentalhealthcovid19.ca/>

<https://www.ontario.ca/page/covid-19-support-people#mental-health>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-practicing-wellness-while-you-stay-at-home>