

# 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](http://camh.ca).

### The 519

519 Church St., Toronto, ON

[www.the519.org](http://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](http://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](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](http://theaccesspoint.ca))

### Barbra Schlifer Clinic

489 College St., suite 503, Toronto, ON

[www.schliferclinic.com](http://www.schliferclinic.com)

416 323-9149

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at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

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**camh**

[counselling@schliferclinic.com](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.hardfeelings.org)

416 792-4393

[kate@hardfeelings.org](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://www.ocadu.ca/services/health-and-wellness.htm)

416 922-6000 ext. 260

[hwc@ocadu.ca](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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

[jftfarmreduction.com](http://jftfarmreduction.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