

COGNITIVE-BEHAVIOURAL THERAPY

Where to go when you are looking for help

Updated: May 2024

Cognitive-behavioural therapy (CBT) is a practical, structured, short-term form of psychotherapy. It focuses on the here-and-now—on the problems that come up in day-to-day life. It gives people the skills they need to examine how they make sense of what is happening around them and how these perceptions affect the way they feel and behave.

CBT can be helpful for various mental health challenges, including depression, anxiety, bipolar disorder, eating disorders, obsessive-compulsive disorder, panic disorder, posttraumatic stress disorder, schizophrenia and psychosis, phobias and substance use disorders. For more information, visit [CAMH's information page on CBT](#).

CBT for Adults

CBT Associates Toronto

81 University Ave., Suite 1101, Toronto

cbtassociates.com

Tel.: 416 363-2644

Eligibility: Age 18+

Referral: Self-referral or referral from health care provider

Fees: \$225-\$265 per hour-long session for psychologists; \$150-\$200 for psychotherapists; \$150-\$200 for social workers, master's-level associates and psychology residents

CBT Professionals

100 King St. West, Toronto

cbtprofessionals.ca

Tel.: 647 632-3945

Eligibility: Age 18+

Referral: Self-referral or referral from healthcare provider

Fees: Differ based on service

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please email the information to us at access.resources@camh.ca.

This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.

camh

CBT Psychology for Personal Development

7626 Yonge St., Thornhill

cbtpsychology.com

Tel.: 905 597-4404

Services: CBT, dialectical behavioural therapy, emotionally focused therapy, positive psychology, compassion-focused therapy, mindfulness meditation

Eligibility: Age 18+

Referral: Self-referral or referral from health care provider

Fees: \$240–\$250 per hour-long session for psychologists; \$150–\$200 for psychotherapists and social workers

The Clinic on Dupont

101 Dupont St., Toronto

theclinicondupont.com

Tel.: 416 515-2649

Services: Multidisciplinary team of psychologists, social workers, psychotherapists, addiction specialists

Referral: Self-referral or referral from health care provider

Eligibility: Age 18+

Fees: Sliding scale; charged on hourly basis and set with each client

Connect Cognitive Therapy

2409 Yonge St., Unit 306, Toronto

connectcbt.com

Tel.: 416 747-6067

Services: Psychologist-run practice; online sessions available

Eligibility: Age 18+

Referral: Self-referral or referral from health care provider

Fees: \$150–\$250 per hour-long session

Forest Hill Centre for Cognitive Behavioural Therapy

439 Spadina Rd., Suite 310, Toronto

foresthillebt.com

Tel.: 416 432-4587

Services: CBT with focus on anxiety, OCD, and depression

Eligibility: Age 18+

Referral: Self-referral or referral from health care provider

Fees: \$265 per 50-minute session

Toronto Talk Therapy

478 Huron St., Suite 201, Toronto

torontotalktherapy.com

Tel.: 416 885-2445

Services: CBT, solution-focused therapy, eye movement desensitization and reprocessing

Eligibility: Age 18+

Referral: From health care provider

Fees: \$180 for individual therapy; couple and family therapy, \$250 for first session, \$220 for subsequent sessions

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CBT for Children and Youth

CBT Toronto – Child & Adolescents Clinic

107 Dupont St., Toronto

theclinicondupont.com

Tel.: 416 515-2649

Services: Multidisciplinary team of psychologists, social workers, psychotherapists, addiction specialists

Eligibility: Under age 18

Referral: Self-referral or referral from health care provider

Fees: \$225–\$265 for psychologists; \$150–\$200+HST for psychotherapists; \$150–\$200 for social workers, master’s-level associates and psychology residents

Connect Cognitive Therapy – Adolescent Services

2409 Yonge St., Unit 306, Toronto

connectcbt.com

Tel.: 416 747-6067

Services: Psychologist-run practice; online sessions available

Eligibility: Age 12–19

Referral: Self-referral or referral from health care provider

Fees: \$150–\$250 per hour-long session

Giving Tree Centre

300 Bloor St. East, Toronto

www.thegivingtreecentre.ca

Tel.: 1 833 448-4648

Eligibility: All ages, with focus on people under age 18

Referral: Self-referral or referral from health care provider

Fees: \$185–\$300 per hour-long session

Just 4 Kidz Counselling

3006 Bloor St. West, Unit 1, Etobicoke

www.just4kidzcounselling.com

Tel.: 437 421-6424

Eligibility: Under age 18

Referral: Self-referral or referral from health care provider

Fees: \$125+HST per hour-long session; free consultation

Teen Therapy and Counselling Toronto

715 Bloor St. West, Toronto

21 Olive Ave., Toronto

www.teentherapytoronto.com

Tel.: 647 544-7540

danielgoldman@teentherapytoronto.com

Eligibility: Age 12–late 20s

Services: Focus on anxiety, depression and anger; therapy for parents, with or without their children

Referral: Self-referral or referral from health care provider

Fees: \$185+HST per session

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CBT for 2SLGBTQ+ People

New Moon Psychotherapy

130 Spadina Ave., Suite 402, Toronto

<https://newmoonpsychotherapy.ca/>

Tel.: 416 800-3361

Services: Focus on 2SLGBTQIA+ communities, addiction, anxiety, depression, grief, trauma, couples therapy, family therapy, sex therapy; in-person or online sessions

Referral: Self-referral or referral from health care provider

Fees: \$130–\$220 per hour-long session

Queer Joy Therapy

114 Maitland St., 4th floor, Toronto

www.queerjoytherapy.com

Tel.: 437 372-5606

info@queerjoytherapy.com

Services: Focus on trauma, burnout, dating, relationships, attachment, 2SLGBTQ+ identity exploration

Fees: \$169.50 per hour-long session

Referral: Self-referral or referral from health care provider

Rainbow Counselling

www.rainbowcounselling.ca

Tel.: 1 289 278-8778

info@rainbowcounselling.ca

Services: Focus on neurodiverse communities, 2SLGBTQIA+, non-monogamy and polyamory communities

Fees: \$85 to \$150 for hour-long individual therapy; \$130 to \$220 for couple therapy

Referral: Self-referral or referral from health care provider

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