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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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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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eastendchc.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/
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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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

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**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

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**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
jftharmreduction.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

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