



North York

Family Health Team

240 Duncan Mill Road, Suite 707, Toronto, ON M3B 3S6
Tel: 416.494.3003 Fax: 416.494.8525

MENTAL HEALTH & ADDICTION SUPPORT

ConnexOntario (24/7)

1-866-531-2600

(Addiction, Mental Health, and Problem Gambling Treatment Services)

Warm Lines

Warm Line- Progress Place

416-323-3721 (12pm- 8pm)

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

Warm Line & Peer Crisis Support Services

1-888-777-0979

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

TIPS Warm line

1-866-363-6663

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

Virtual Walk-in one on one counselling

Family Services Toronto

416-595-9618

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

Catholic Family Services

416-921-1163, 416-222-0048

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

Woodgreen Community services

(416) 645-6000 ext. 1990

(Free- Register 4:15-6:45pm on Tuesday & Wednesday)

Sherbourne Health (Free- Register at noon on Tuesday)

416-324-4109

Wellness Together Canada

Adults: 1-866-585-0445

Available 24/7

Youth: 1-888-668-6810

Free: Same-day, single session phone counselling (for 16 years+)

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



OHIP/Sliding scale counselling

Medical Psychotherapy Association Canada (OHIP Covered)	https://www.mdpac.ca/ 416-410-6644
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 Office	416-921-1163
North Toronto Office	416-222-0048
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 (Free)	416-324-4109
PACT- PEOPLE ACCESSING CARE TEAMS	
- Black Creek CHC (OHIP covered, referral needed)	416-249-8000 or 416-246-2388
- Vaughan CHC (OHIP covered, referral needed)	905-303-8490 Ext.4
Spiritual and Religious Care- NYGH (Free)	416-756-6311

Child, Youth & their families

Help Ahead	1-866-585-6486
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.)	
Sunnybrook Family Navigation Project (FNP)	1-800-380-9367
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).	
What's Up Walk in	1-866-585-6486
Immediate mental health counselling for children, youth, young adults and their families, and families with infant. (Monday to Friday 9AM – 7PM; Saturday 10AM – 4PM)	



Addiction Supports

Safer Use Peer Support Line 1-888-233-5633 (10 PM – 3 AM)

Addiction 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/>

Therapist offering reduced rate counselling

Toronto Institute for Relational Therapy- Low-cost TIRP therapists

Student therapists \$25 (including HST) per session. <https://tirp-lowcost-therapy.ca/>

Senior students and graduates on a sliding scale
(between \$40 and \$80 (including HST) for both individual and couple therapy)

Affordable Therapy Network

low-cost rate ranging between \$50- \$65 <https://affordabletherapynetwork.com/>
sliding scale rates between \$70-\$120

Open Path Psychotherapy Collective

psychotherapy sessions between \$30 and \$60 <https://openpathcollective.org/>
(between \$30 and \$80 for couples & family sessions)

Christian Counselling Services

Individual, couples, & family counselling 416-489-3350
No specific limit to # of sessions. All welcome. christiancounsellingservices.com/
Senior counsellors: \$75+; Intern counsellors: \$0+

The Centre for Training in Psychotherapy (reduced fee)

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



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Private counselling

Psychology Today	www.psychologytoday.com/ca/
LAYLA	www.layla.care
Psychotherapy Ontario	www.psychotherapyontario.org
Better Help	www.betterhelp.com
Green Space	https://www.greenspacehealth.com/en-ca

Free Online resources:

Online skill-building program (with mental health coach support)	1-866-345-0224 or www.bouncebackontario.ca
Online peer support & self-mgmt. tools & workshops	https://togetherall.com/en-gb/big-white-wall/
Body Brave (eating disorders)	https://www.bodybrave.ca/

Free Online self-guided programs

AnxietyCanada – My Anxiety Plan (MAPs)	www.anxietycanada.com
Anxiety management programs based on CBT – option for Children/Teens and Adults	
Wellness Together Canada	www.wellnesstogether.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>



Mental Health Apps

Skills-based support:

AbilitiCBT
Self-Help Anxiety Management (SAM)
Mindshift CBT
PTSD Coach Canada
CBT-i Coach (for insomnia)
CBT Tools for Healthy Living
Stop Panic & Anxiety Self-Help
Depression CBT Self-Help Guide
MoodTools - Depression Aid
Pacifica
My3app- Safety planning

Mindfulness Meditation:

Headspace
Simple Habit
Calm
Centre for Mindfulness Studies (CMS)
Stop, Breathe, & Think
OMG. I Can Meditate!
UCLA Mindful
Waking up by Sam Harris
Insight Timer (70,000 free guided meditations)
10 Percent Happier