

Counseling Resources

| Referral agencies | |
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| 211 Toronto | Call 211 www.211Toronto.ca |
| Connex Ontario | www.connexontario.ca |
| Drug & Alcohol Helpline | 1-800-565-8603 |
| Mental Health Helpline | 1-866-531-2600 |
| Ontario Problem Gambling Helpline | 1-888-230-3505 |
| Community Care Resources (CCR) | 416-506-9888 www.toronto.communitycareresources.ca |
| Children's Mental Health Ontario | www.kidsmentalhealth.ca/parents/find_a_centre.php |
| OHIP-covered drop-in single session clinics | |
| Taddle Creek FHT 790 Bay St., Suite 306 | Friday mornings 9-12 416-260-1315 no referral needed |
| Oolagen Clinic- for youth 55 Wellesley St., Suite 500 | 5 days per week, call for times 416-395-0660 |
| Family Service Toronto walk-in clinic 355 Church St. | Wednesday 4-8pm 416-595-9618 |
| GP psychotherapy clinics | |
| Parkdale Counseling Clinic | 416-533-5554 |
| Psychotherapy & Counseling Centre | 416-516-6969 |
| The Medical Centre for Person-Centered Psychotherapy | 416-229-2399 www.medicalpsychclinic.org |
| Aberfoyle Health Centre Etobicoke | 416-231-7968 |
| Finding a regulated psychotherapist | |
| www.findasocialworker.ca | Ontario Association of Social Workers |
| www.psychologytoday.com | Psychology Today |
| www.psychotherapyontario.com | Ontario Society of Psychotherapists |
| www.therapytoronto.ca | Toronto Therapy Network |
| www.prstoronto.com | Psychotherapy Referral Service |
| opa.knowledge4you.ca/referralsvcs.aspx | Ontario Psychological Association |
| Supervised Student Psychotherapists | |
| The Toronto Institute for Relational Psychotherapy | www.tirp.ca/therapy.html |
| The Gestalt Institute of Toronto (\$35 per session) | 416-964-9464 x 63, www.gestalt.on.ca |
| The Adler Graduate Professional School (\$20 per session and sliding scale) | 416-923-4419 x 214, rvivekanand@adler.ca |