

## **Centralized Access Hubs and Walk-Ins**

*For easy access to community agencies and publicly-funded services.*

### **Mental Health TO || <http://www.mentalhealthto.ca/> || 1-866-585-MHTO (6486)**

Mental Health TO is a free service and centralized access point to find mental health services for infants, children, youth, adolescents and families in Toronto and the GTA. Mental Health TO can help young people and their families connect with the nearest community-based mental health services, distress centres, self-help groups, family services, and crisis lines. This is an excellent first step to connecting to services if you're not sure where to go or how to best access services. Mental Health TO can also connect you with a therapist from the What's Up Walk-In® for a phone or video session for children, youth and young adults up to the age of 29, parents/caregivers, and families with infants. *Please note that you can access services at many of the community-based agencies below through Mental Health TO, or by contacting the agency directly. See referral information in the charts below for more information.*

### **What's Up Walk-In® || <https://www.whatsupwalkin.ca/> || 1-866-585-MHTO (6486)**

Immediate mental health counselling for children, youth, young adults up to age 29 and their families, parents or caregivers, and families with infants. You can connect with a What's Up Walk-In® counsellor via phone or video by calling Mental Health TO. Seeing a counsellor through the What's Up Walk-In® can also be a way of accessing referrals to many community agencies for programs and services. Presently all What's Up Walk-In® clinics are virtual; however, these clinics may be available for in-person walk-ins at the respective community agencies in the future. By clicking on the URL above, you can view the various locations and their walk-in hours.

### **The Access Point || <http://theaccesspoint.ca/> || 416-640-1934**

The Access Point is a centralized point where you can apply for mental health and addiction support services and supportive housing. The Access provides access to a large network of Toronto agencies, including some youth agencies, through one application and intake assessment process. *Some programs/services included in this resource may require an Access Point Application. See referral information in the charts below for more information.*

This resource is updated regularly by the Mental Health Program  
Most recent update: July 2021

**OHIP COVERED / FREE:**

<b>Service Name and Contact Information</b>	<b>Populations Served/ Eligibility Criteria</b> Unique programs serve different populations; contact for more info	<b>Service Description</b> Including unique programs and offerings	<b>Referral Information</b>
<b>Lumenus Community Services</b> <i>Several service locations</i> Ph: varies by location; see website E: <a href="mailto:info@lumenus.ca">info@lumenus.ca</a> URL: <a href="https://lumenus.ca/">https://lumenus.ca/</a> <i>Lumenus formed in 2020 from an amalgamation of Adventure Place, The Etobicoke Children's Centre, Griffin Centre and Skylark</i>	<ul style="list-style-type: none"> <li>- Infant, children, youth, young adults up to the age of 29 and their families</li> <li>- Mental health, substance use, complex special needs, dual diagnosis, developmental disability, autism, 2SLGBTQ+, caregivers and parents</li> </ul>	<ul style="list-style-type: none"> <li>- Individual counselling, group programs and What's Up Walk-In®</li> <li>- Day programs, respite, or residential programs, community outreach</li> <li>- Caregiver, parenting and family support</li> <li>- Mental health court services, school focused mental health counselling</li> </ul>	<ul style="list-style-type: none"> <li>- Call Mental Health TO 1-866-585-MHTO (6486)</li> <li>- Call or email to access services directly</li> </ul>
<b>Central Toronto Youth Services</b> <i>Wellesley &amp; Church, Central Toronto</i> Ph: 416-924-2100 E: <a href="mailto:mail@ctys.org">mail@ctys.org</a> URL: <a href="https://ctys.org">https://ctys.org</a>	<ul style="list-style-type: none"> <li>- Youth and young adults (12-24yrs old) and their families</li> <li>- Mental health, LGBTQ2S youth, transitional aged youth, those involved with Youth Court</li> </ul>	<ul style="list-style-type: none"> <li>- Individual counselling, case management, group programs and community outreach</li> <li>- Pride and Prejudice Program, Youth Justice Program, and other diverse group programs and peer support</li> </ul>	<ul style="list-style-type: none"> <li>- Call Mental Health TO 1-866-585-MHTO (6486)</li> <li>- Call or email to access services directly</li> </ul>
<b>Turning Point Youth Services</b> <i>Wellesley &amp; Jarvis</i> Ph: 416-925-9250 E: "get in touch" on website to submit contact form URL: <a href="https://turningpoint.ca/">https://turningpoint.ca/</a>	<ul style="list-style-type: none"> <li>- Youth and young adults (12-24yrs old) and their families</li> <li>- Mental health, complex mental health, risk of homelessness, academic challenges, or involvement in Youth Court</li> </ul>	<ul style="list-style-type: none"> <li>- Individual, family and group counselling</li> <li>- Residential program, School program, Youth Justice program, and Transitional Aged Youth program</li> </ul>	<ul style="list-style-type: none"> <li>- Call Mental Health TO 1-866-585-MHTO (6486)</li> <li>- Call (ext. 224) or email to access services directly</li> <li>- Wait times vary by service (intake can advise)</li> </ul>

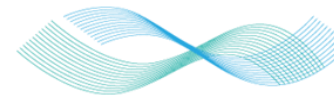
<b>Service Name and Contact Information</b>	<b>Populations Served/ Eligibility Criteria</b> Unique programs serve different populations; contact for more info	<b>Service Description</b> Including unique programs and offerings	<b>Referral Information</b>
<b>Yorktown Family Services</b> Eglinton West, Eglinton & Dufferin Ph: 416-669-3521 E: <a href="mailto:info@yorktownfamilyservices.com">info@yorktownfamilyservices.com</a> URL: <a href="https://www.yorktownfamilyservices.com">https://www.yorktownfamilyservices.com</a>	<ul style="list-style-type: none"> <li>- Infant, child, youth and young adult up to the age of 29, women and families</li> <li>- Mental health, complex mental health, 2SLGBTQ+ youth, those involved or at risk of placement in child welfare, and women experiencing violence</li> </ul>	<ul style="list-style-type: none"> <li>- Individual, group, and family counselling and What's Up Walk-In®</li> <li>- Trauma treatment, community outreach for complex mental health, youth mentorship programs, child welfare and family services</li> <li>- Parent/caregiver support services</li> </ul>	<ul style="list-style-type: none"> <li>- Call Mental Health TO 1-866-585-MHTO (6486)</li> <li>- Call to access services directly</li> <li>- Wait list for ongoing therapy is 8 months (Jul 2021)</li> </ul>
<b>George Hull Centre for Children and Youth</b> 81 The East Mall, Etobicoke Ph: 416-622-8833. E: <a href="mailto:reachus@georgehull.on.ca">reachus@georgehull.on.ca</a> URL: <a href="https://georgehullcentre.ca/">https://georgehullcentre.ca/</a>	<ul style="list-style-type: none"> <li>- Infants (birth- 6yrs), children (6-11yrs), and youth (12-18yrs) and their families</li> <li>- Mental health services for those with emotional, social, behavioural, developmental and/or psychiatric difficulties</li> </ul>	<ul style="list-style-type: none"> <li>- Individual, group and family counselling</li> <li>- Day treatment programs, in-home service for complex mental health, and residential treatment</li> <li>- RITES Collaborative's integrated mental health services for Black children, youth and families</li> <li>- Parent/caregiver support services</li> </ul>	<ul style="list-style-type: none"> <li>- Call Mental Health TO 1-866-585-MHTO (6486)</li> <li>- Call or email to access services directly</li> </ul>
<b>Breakaway Community Services</b> Dufferin & Queen, Central Toronto Ph: 416-537-9346 E: <a href="mailto:breakaway@breakawaycs.ca">breakaway@breakawaycs.ca</a> URL: <a href="https://breakawaycs.ca/">https://breakawaycs.ca/</a>	<ul style="list-style-type: none"> <li>- Youth and young adults (12yrs-29yrs) struggling with addictions and their families, different programs serving different ages</li> </ul>	<ul style="list-style-type: none"> <li>- Harm reduction services and full range of addictions treatment services</li> <li>- Street and community outreach</li> <li>- Family and Youth Initiative (age 12-25), peer-led substance use support program from LGBTTQQSIA youth (age 16-29)</li> </ul>	<ul style="list-style-type: none"> <li>- Specific referral information for each program is on website (see URL)</li> <li>- Call or email to access services directly</li> </ul>

<p><b>Service Name and Contact Information</b></p>	<p><b>Populations Served/ Eligibility Criteria</b>  Unique programs serve different populations; contact for more info</p>	<p><b>Service Description</b>  Including unique programs and offerings</p>	<p><b>Referral Information</b></p>
<p><b>YouthLink Youth Services</b> <i>Kennedy Road, Scarborough</i> Ph: 416-967-1773 URL: <a href="https://youthlink.ca/">https://youthlink.ca/</a></p>	<ul style="list-style-type: none"> <li>- Children and youth up to the age of 24 and their families</li> <li>- Mental health, LGBTQ2+ youth, youth in need of housing, school difficulties</li> <li>- Caregivers/parents of children with intellectual disability</li> </ul>	<ul style="list-style-type: none"> <li>- Individual and group counselling and What's Up Walk-In®</li> <li>- Community outreach, transitional co-op housing, residential treatment, tele-psychiatry, drop-in groups, school-based support</li> <li>- Parent/caregiver support services</li> </ul>	<ul style="list-style-type: none"> <li>- Call Mental Health TO 1-866-585-MHTO (6486)</li> <li>- Call to access services directly, some programs require referral</li> <li>- Wait times vary by service (intake can advise)</li> </ul>
<p><b>Strides Toronto</b> <i>Two locations within Scarborough</i> Ph: 416-438-3697 (Markham Road) or 416-321-5464 (Milner Road) E: <a href="mailto:contactus@stridestoronto.ca">contactus@stridestoronto.ca</a> URL: <a href="https://stridestoronto.ca/">https://stridestoronto.ca/</a> <i>Strides formed in 2020 from an amalgamation of Aisling Discoveries Child and Family Centre and East Metro Youth Services</i></p>	<ul style="list-style-type: none"> <li>- Infants, children and youth up to the age of 24 and their families</li> <li>- Mental health, complex special needs, autism, developmental disability, ADD/ADHD, behavioural/school challenges, LGBTQ2SA youth, newcomer youth, children/youth at risk of placement in welfare</li> </ul>	<ul style="list-style-type: none"> <li>- Individual, group and family counselling, and What's Up Walk-In®</li> <li>- Day programs, respite, residential treatment, school-based programs, community outreach, youth in transition program, etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Call location closest to you then dial 0 to speak with intake coordinator</li> <li>- Some programs require referral (intake can advise)</li> <li>- Wait times vary by service (intake can advise)</li> </ul>
<p><b>LOFT Community Services Transitional Aged Youth (TAY) Programs</b> <i>Various locations, Toronto</i> Ph: 416-979-1994 E: <a href="mailto:info@loftcs.org">info@loftcs.org</a> URL: <a href="https://www.loftcs.org/what-we-do/specialized-services/youth/">https://www.loftcs.org/what-we-do/specialized-services/youth/</a></p>	<ul style="list-style-type: none"> <li>- Youth up to age the of 26 who face challenges with mental health, physical health, and/or substance use</li> </ul>	<ul style="list-style-type: none"> <li>- Assessment, therapy and counselling, treatment for addictions, as well as education, employment, and housing services</li> <li>- Individual counselling, group programs, case management, and peer support</li> </ul>	<ul style="list-style-type: none"> <li>- Access services through The Access Point</li> </ul>

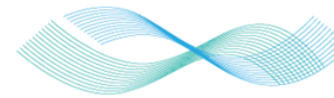
Service Name and Contact Information	Populations Served/ Eligibility Criteria  Unique programs serve different populations; contact for more info	Service Description  Including unique programs and offerings	Referral Information
<p><b>Centre for Addiction and Mental Health, Children and Youth Services</b> Ph: 416-535-8501 ext. 2 (Access CAMH) URL: <a href="http://www.camh.ca/en/your-care/programs-and-services">www.camh.ca/en/your-care/programs-and-services</a></p>	<ul style="list-style-type: none"> <li>- Children, youth and their families</li> <li>- Addiction and concurrent disorders (14-24yrs old), mood and anxiety (6-18yrs old), gambling and tech use (16-25yrs old), early psychosis (16-29yrs old), oppositional/aggressive or dysregulated behaviours (6-18yrs old)</li> </ul>	<ul style="list-style-type: none"> <li>- Unique programs and services for various concerns and ages</li> <li>- Outpatient and inpatient</li> <li>- Individual counselling, group programs, family involvement, peer support groups</li> </ul>	<ul style="list-style-type: none"> <li>- Varies by program, access directly by calling Access CAMH or physician referral required</li> <li>- See URL for specific program referral</li> </ul>
<p><b>SickKids Centre for Community Mental Health</b> Ph: 416-924-1164 ext. 8708 (intake) URL: <a href="https://sickkidscmh.ca/community-mental-health/">https://sickkidscmh.ca/community-mental-health/</a></p>	<ul style="list-style-type: none"> <li>- Infants, children, youth up to the age of 18, and their families struggling with mental health challenges</li> </ul>	<ul style="list-style-type: none"> <li>- Early intervention and prevention programs, individual and family therapy, outreach programs</li> <li>- Intensive services: in-home, day treatment, community transition and live-in supports for children and youth</li> </ul>	<ul style="list-style-type: none"> <li>- Call to access services directly, some services require referral by health care provider</li> <li>-Call Mental Health TO 1-866-585-MHTO (6486)</li> </ul>

**PAY FOR SERVICE:**

Service Name, Location and Contact Information	Population Served/ Eligibility Criteria	Service Description	Cost	Sliding Scale Y or N	Referral Information
<p><b>Greenspace Health</b> <a href="http://www.greenspacehealth.com/en-ca/patients">www.greenspacehealth.com/en-ca/patients</a></p>	<p>Greenspace Health is a free therapist matching service in Southern Ontario. The process begins by completing an online intake form (see URL) which will be followed by a phone intake call. The intake worker will gather information including age, primary concerns and reason for seeking therapy, and any other helpful information so that they can refer you to the most appropriate therapist. It's common to speak with a few therapists before finding the right fit. Therapist rates through Greenspace range from \$100-\$250/session and may be covered by extended health benefits.</p>				



Service Name, Location and Contact Information	Population Served/ Eligibility Criteria	Service Description	Cost	Sliding Scale Y or N	Referral Information
<p><b>The Willow Centre</b> <i>North York</i> E: <a href="mailto:contact@thewillowcentre.com">contact@thewillowcentre.com</a> Ph: 416-250-1540 URL: <a href="http://www.thewillowcentre.com">www.thewillowcentre.com</a></p>	<ul style="list-style-type: none"> <li>- Infants, children, adolescents and their families</li> <li>- Full range of mental health, developmental and behavioural challenges</li> </ul>	<ul style="list-style-type: none"> <li>- Psychological services including assessment, consultation, and treatment</li> <li>- Individual, parent-child, and family therapy</li> </ul>	- \$225/hr	Contact to inquire	- Call, email, or complete contact form online (see URL)
<p><b>Toronto Counselling Centre for Teens</b> <i>Bloor West, Toronto</i> E: <a href="mailto:info@counsellingtorontoteens.com">info@counsellingtorontoteens.com</a> Ph: 416-565-4504 and URL: <a href="http://www.counsellingtorontoteens.com/">www.counsellingtorontoteens.com/</a></p>	<ul style="list-style-type: none"> <li>- Children, adolescents, and young adults and their families</li> <li>- Therapists have varying specialities, some of which including: depression, anxiety, eating disorders, trauma, gender and sexuality</li> </ul>	<ul style="list-style-type: none"> <li>- Individual and family counselling</li> <li>- Online and in-person counselling (Jul 2021)</li> </ul>	- \$175/hr	Limited	- Call or book online to access services
<p><b>The Clinic on Dupont</b> Central Toronto E: <a href="mailto:info@theclinicdupont.com">info@theclinicdupont.com</a> Ph: 416-515-2649 URL: <a href="https://www.theclinicdupont.com/treatments/child/">https://www.theclinicdupont.com/treatments/child/</a></p>	<ul style="list-style-type: none"> <li>- Children, adolescents and their families</li> <li>- Full spectrum of psychological, social, behavioural and educational difficulties</li> </ul>	<ul style="list-style-type: none"> <li>- Individual therapy and family therapy</li> <li>- Psychological assessments</li> </ul>	- Range from \$225-\$275/hr	Contact to inquire	- Call or email to access services
<p><b>Whole Heart Mental Health &amp; Wellness</b> <i>Central Toronto, Mississauga, Whitby</i> E: <a href="mailto:hello@wholeheartmentalhealth.com">hello@wholeheartmentalhealth.com</a> Ph: 647-345-0661 URL: <a href="https://wholeheartmentalhealth.com/">https://wholeheartmentalhealth.com/</a></p>	<ul style="list-style-type: none"> <li>- Children, teens, and young adults and their families</li> <li>- Full spectrum of mental health, health and wellness services</li> </ul>	<ul style="list-style-type: none"> <li>- Individual therapy, family therapy and parent coaching</li> <li>- Psychiatric and psychoeducational assessments</li> <li>- Yoga, mindfulness-based stress reduction, life coaching, Reiki, sleep counselling, community engagement/outreach</li> </ul>	- Contact to inquire	Contact to inquire	- Call, email, or complete "contact us" form online - MD referral required for Psychiatrist



Service Name, Location and Contact Information	Population Served/ Eligibility Criteria	Service Description	Cost	Sliding Scale Y or N	Referral Information
<b>Toronto Neurofeedback and Psychotherapy Centre</b> Etobicoke E: <a href="mailto:admin@torontoneurofeedback.ca">admin@torontoneurofeedback.ca</a> Ph: 647-363-5637 URL: <a href="https://torontoneurofeedback.ca/">https://torontoneurofeedback.ca/</a>	<ul style="list-style-type: none"> <li>- Children (4rs and older), adolescents, and their families</li> <li>- Depression, anxiety, behavioural concerns, social challenges, eating disorders, family conflict, low self-esteem, learning and attention difficulties</li> </ul>	<ul style="list-style-type: none"> <li>- Individual child therapy and family therapy</li> <li>- Parent consultations and online webinars for parents</li> </ul>	- Range from \$125-\$185 /session	Y	- Book online or call to access services
<b>Couple Therapy Toronto</b> Midtown, Toronto Ph: 647-729-8981 URL: <a href="https://www.coupletherapytoronto.com/therapy-counselling-psychotherapy/children-teenagers">https://www.coupletherapytoronto.com/therapy-counselling-psychotherapy/children-teenagers</a>	<ul style="list-style-type: none"> <li>- Children, teens, and their families with wide variety of mental health concerns, behavioural challenges, self-harm, drugs and alcohol issues, and more</li> </ul>	<ul style="list-style-type: none"> <li>- Primarily family therapy approach, individual therapy is offered as well</li> </ul>	- \$169.50/hr	Limited	- Call, book online, or complete contact form (see URL)
<b>CBT Associates</b> Multiple locations: Downtown Toronto, North York and Etobicoke Ph: 416-363-4228 URL: <a href="https://www.cbtassociates.com/children-adolescents/">https://www.cbtassociates.com/children-adolescents/</a>	<ul style="list-style-type: none"> <li>- Children and adolescents with mood and anxiety disorders, academic challenges, anger and behavioural challenges, ADHD/ADD, phobias and more</li> </ul>	<ul style="list-style-type: none"> <li>- Individual therapy, psycho-educational and diagnostic assessments, group therapy</li> <li>- Online and in-person (Jul 2021)</li> </ul>	- \$150-200/hr for Social Workers & Psychotherapists - \$225-\$250+/hr for Psychologists	N	- Call or complete online intake form