

Finding a Therapist (Tips and Considerations):

This handout will provide you with information on where to access OHIP covered/free, low-cost/sliding scale and private/full fee therapy resources. At the end, there is a list of free walk-in, single session therapy clinics.

Looking for a therapist is like shopping for a good pair of jeans – they need to be a good fit in order for you to feel your best!

- Once you have found a therapist that you’re interested in working with, ask to book a free consultation.
- During the consultation, you do not need to disclose your whole life story. You might find it more helpful to provide a brief summary and/or to share your specific therapy goals. Thinking in advance about what you would like to get out of therapy is recommended.
- The consultation is an opportunity for you to ask questions, share your thoughts about any past therapy experiences (the good and the bad), and inquire about fees including sliding scale (if needed). The therapist will likely guide this conversation with their own questions.

Although the process of looking for a therapist can feel intimidating, it is important to find someone who makes you feel safe and supported.

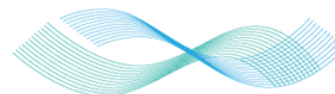
- During the consultation ask yourself, “how does it feel talking to this person?”, “do I feel understood?”, “does this feel good for me?”.
- If it feels good, that’s great! If not, it is okay to look for someone else.

Don’t be discouraged if it’s not the right fit - sometimes it can take several consultations to find the right therapist for you.

OHIP COVERED / FREE:

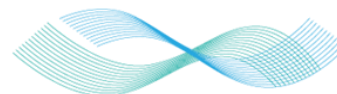
Name & Contact Information	Population Served	Service Description	Referral	Location
<p>Medical Clinic for Person-Centred Psychotherapy respond.psy@gmail.com www.medicalpsychclinic.org Ph: 1 888 292 8088</p>	<p>Adults with various presenting concerns.</p>	<p>Individual and group psychotherapy provided by physician psychotherapists and psychiatrists.</p>	<p>Requires doctor’s referral (referral form available on website). Fax referral to 416 229 9771.</p>	<p>North York</p>

ADULT/COUPLE THERAPY RESOURCES

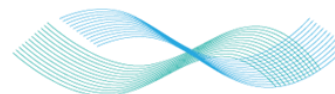


Name & Contact Information	Population Served	Service Description	Referral	Location
<p>Woodgreen Community Services (Counselling and Social Work) cccentralintake@woodgreen.org https://www.woodgreen.org/programs/counselling-and-support-services-css Ph: (Central intake) 416 572 3575 Ph: (Walk-in counselling) 416 645 6000 Ext. 1990</p>	<p>Youth and adults (age 16+) with mental health and/or substance use concerns.</p>	<p>Individual and group counselling through central intake.</p>	<p>Self-referral **The program is not currently accepting new referral. Please check the website regularly. You are encouraged to access the walk-in counselling service.</p>	<p>East</p>
<p>Parkdale Community Health Centre, Counselling www.pqwchc.org/programs-services/counselling-and-case-management/ Ph: Queen West Site: (416) 703-8482 ext. 2106 Ph: Parkdale site: (416) 537-2455 ext. 1232</p>	<p>Youth and Adults (age 16+) with mental health and/or substance use concerns; newcomers, people in receipt of social assistance, homeless, those without access to benefits.</p>	<p>Individual and group counselling, case management, harm reduction approach.</p>	<p>Self-referral; referral by an agency or Provider.</p>	<p>Central</p>
<p>Sherbourne Health Centre Mental Health Services Specialized Health Teams (LGBTQ; Newcomer; Urban) www.sherbourne.on.ca/mental-health-services/ Ph: 416 324 4100</p>	<p>Adults (18+) who identify as LGBTQ, newcomer or who are homeless or underhoused.</p>	<p>Individual and group counselling.</p>	<p>Internal referral **Currently only accepting internal referrals; contact a program coordinator for a referral. Please check the website regularly.</p>	<p>Central</p>
<p>TS Medical Centre Offers psychotherapy for a variety of mental health concerns https://www.tsmedicalcentre.com/ Ph: 416 901 9020 Ext. 20</p>	<p>Adults with various presenting concerns.</p>	<p>Individual and group counselling by independent psychotherapy practitioners (select therapist using 'find a therapist' option). Group focus is interpersonal and psychodynamic.</p>	<p>Self-refer here: http://www.tsmedicalcentre.com/find-a-therapist/</p>	<p>Central</p>
<p>The 519 https://www.the519.org/programs/counselling-over-the-phone Email: AVI@The519.org</p>	<p>Youth and Adults who identify as LGBTQ2S.</p>	<p>Single session, solution-focused counselling over the phone.</p>	<p>Self-referral **The program is not currently accepting new referral. Please check the website regularly.</p>	<p>Central</p>

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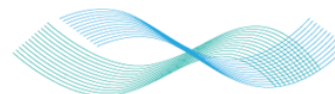
Name & Contact Information	Population Served	Service Description	Referral	Location
<p>Michael Garron Hospital – Mental Health and Addiction Services https://www.tehn.ca/programs-services/mental-health-addiction/crisis-counselling https://www.tehn.ca/programs-services/mental-health-addiction/consultation-assessment-time-limited-therapy-clinic-catt Ph: 416 469 6310 (Crisis Intervention Services)</p>	<p>Adults in East end catchment area.</p>	<p>Crisis Counselling, Consultation, Assessment, Time-Limited Therapy Clinic (CATT; provides 6 sessions of psychotherapy).</p>	<p>Requires doctor's referral. (Find form here: https://www.tehn.ca/programs-services/mental-health-addiction/consultation-assessment-time-limited-therapy-clinic-catt).</p>	<p>East</p>
<p>Alternatives- East York Mental Health Counselling Services Agency info@alternativestoronto.org www.alternativestoronto.org Ph: 416 285 7996</p>	<p>Youth and Adults (age 16+) living in East York catchment area who present with significant mental health challenges.</p>	<p>Individual counselling, case management, groups.</p>	<p>Contact office (via phone or email) to self-refer or complete an application through Access Point (http://theaccesspoint.ca/).</p>	<p>East</p>
<p>Women's Health in Women's Hands https://www.whiwh.com/mental-health-services Ph: 416 593 7655</p>	<p>Adults, racialized women are prioritized.</p>	<p>Brief counselling model with a feminist orientation. Includes some arts-based mental health programming.</p>	<p>Self-referral via phone.</p>	<p>Central</p>
<p>Mennonite New Life Centre https://mnlct.org/mentalhealth/ Ph: 647-812-1332</p>	<p>Adults with a focus on immigrants and refugees.</p>	<p>Individual and group counselling, includes settlement and employment supports.</p>	<p>Self-referral.</p>	<p>East and North</p>
<p>Dr. Julianna Choi, Psychiatrist https://www.doctor-ontario.com/medecin/medecin-choi-julianna-12208.htm Ph: 416 703 7167</p>	<p>Adults, non-complex patients.</p>	<p>Insight-oriented psychotherapy.</p>	<p>Requires doctor's referral. Fax referral to: 416 642 4751.</p>	<p>Central</p>



LOW-COST / SLIDING SCALE:

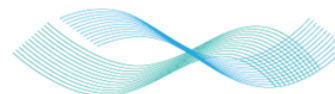
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<p>Hard Feelings www.hardfeelings.org/counselling Ph: 647-740-FEEL (3335)</p>	<p>Adults facing financial barriers to accessing mental health services.</p>	<p>Individual, couples, family counselling for a maximum of 12 sessions.</p>	<p>Self-referral by phone or email. Therapist profiles available online. Check website to see if specific counsellors are accepting new clients.</p>	<p>\$70-\$100/session for individual therapy.</p>	<p>West</p>
<p>Toronto Institute for Relational Psychotherapy Contact information varies by therapist. See website. www.tirp.ca/lowcost/</p>	<p>Adults, couples.</p>	<p>Relationship focused psychotherapy.</p>	<p>Self-referral to therapist's phone or email.</p>	<p>\$40-\$80 depending on level of therapist (student, senior student, or grad).</p>	<p>Various (Central, West & North)</p>
<p>Family Services Toronto https://familyservicetoronto.org/our-services/programs-and-services/counselling/ Ph: 416 595 9618</p>	<p>Children, youth, adults, couples, families.</p>	<p>Individual, couples, family and group counselling. Counselling programs target specific needs such as: Families in Transition; DKS LGBTQ+ Counselling; Male Survivors of Sexual Abuse; Partner Assault Response; Violence Against Women, Seniors Services.</p>	<p>Self-referral by phone. **Waitlist is up to 8-12 months.</p>	<p>Sliding scale based on household income.</p>	<p>Multiple Locations</p>

ADULT/COUPLE THERAPY RESOURCES



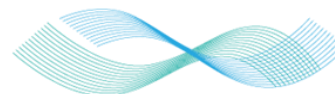
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<p>Catholic Family Services www.cfstoronto.com Ph: 416 921 1163 (Central) Ph: 416 222 0048 (North)</p>	<p>Adults, couples, families.</p>	<p>Individual, couples, family counselling; Woman Abuse programming.</p> <p>Wellness groups ('Self-Confident Woman', 'Managing Emotions Thoughtfully', 'Understanding Abuse', 'Choosing To Change').</p>	<p>Self-referral by phone.</p>	<p>Sliding scale based on household income.</p>	<p>Central and North</p>
<p>Christian Family Services www.christiancounsellingservices.com Ph: 416 489 3350 Email: admin@christiancounsellingservices.com</p>	<p>Adults, couples, families. Interdenominational</p>	<p>Individual, couples, family counselling.</p>	<p>Self-referral.</p>	<p>Sliding scale based on household income.</p>	<p>Central</p>
<p>Jewish Family and Child Services https://www.jfandcs.com/counselling Ph: 416 638 7800 x 6234</p>	<p>Youth and Adults.</p>	<p>Individual, couples and family counselling; wellness programming, woman abuse services, high conflict separation/divorce.</p>	<p>Self-referral by phone.</p>	<p>Sliding scale based on household income.</p>	<p>Central</p>
<p>The Gestalt Clinic www.gestalt.on.ca/low-cost-therapy-clinic/ Ph: 416 964 9464 x 18</p>	<p>Adults.</p>	<p>Individual Gestalt psychotherapy (an approach that focuses on present life challenges, perceptions, sensations and may include interventions such as role playing).</p>	<p>Self-referral by phone or website.</p>	<p>\$40/session with a therapist in training.</p>	<p>East</p>
<p>Ontario Psychotherapy and Counselling Program www.referrals.psychotherapyandcounseling.ca Ph: 416 920 9355</p>	<p>Adults, couples, families.</p>	<p>Psychodynamic counselling.</p>	<p>Self-referral by form on website.</p>	<p>\$20-\$50/session with student. \$60-\$150 with registered therapist.</p>	<p>Various</p>

ADULT/COUPLE THERAPY RESOURCES



Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
Open Path Psychotherapy Collective www.openpathcollective.org Ph: 1 800 268 2833	Adults, couples, families.	Psychotherapy.	Self-referral.	Lifetime membership fee of \$49 + \$30-50/session.	Various
AI & Malka Green Artists' Health Centre https://www.uhn.ca/MCC/Clinics/Artists_Health_Centre Ph: 416 603 5263	Adults who identify as artists.	Short-term therapy and mindfulness groups.	Self-referral via phone.	Partially subsidized after an appointment with center's Nurse Practitioner.	Central
Centre for Interpersonal Relationships https://cfir.ca/about/toronto-team/ Ph: 1 855 779 2347	Children, youth, adults, couples, families.	An organization of independent psychologists, psychotherapists and student clinicians offering individual, couples, and family counselling.	Self-referral. Complete referral form online.	\$70-90/session with student clinicians. Offers free 30-minute consultation.	Central
Affordable Therapy Network www.affordabletherapynetwork.com	Adults, couples, families.	A directory of therapists offering low cost and sliding scale rates across Canada. Input information via the website to read therapist profiles that match your criteria/preferences.	Self-referral.	\$60-65 for those experiencing financial difficulty; \$70-\$120 general sliding scale fees.	Various

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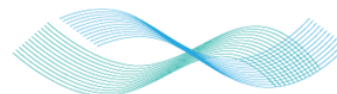


Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
Mindfulness For Life https://mindfulness-therapy.ca/affordable/	Adults	Psychotherapy with a mindfulness and somatic-based approach.	Self-referral; Contact via webform: https://mindfulness-therapy.ca/contact/	\$60 for those experiencing financial difficulty; therapy provided by a therapist in training.	West
The Compassion Project https://www.thecompassionproject.ca/new-program-access Ph: 905-512-1233 Email: thecompassionprojecthamilton@gmail.com	Adults	Psychotherapy.	Self-referral.	Reduced rate for those experiencing financial difficulty; therapy provided by a therapist in training.	West
Bloom Psychology & Wellness https://bloompsychologyto.com/affordable-therapy	Adults; Couples	Psychotherapy.	Self-referral; Contact via webform: https://bloompsychologyto.com/#contact-us.1	Affordable therapy rate for BIPOC & LGBTQ+ individuals.	Online
Work In Progress https://www.workinprogressto.ca/team-2 Ph: 647-417-7294	Adults.	Psychotherapy.	Self-referral.	\$50-100 with a therapist in training.	West
Pay What You Can Virtual Peer Support Groups https://www.paywhatyoucanpeersupport.com Ph: 1-888-718-3661	Teens, Adults	A variety of virtual 1-hour groups addressing a range of themes including ADHD, Anxiety, Depression, Eating Disorders, Abuse, Divorce, Grief, Dating/Relationships. Groups are moderated by mental health professionals from a variety of backgrounds.	Self-Referral. Register online or call the phone number for more information.	'Pay what you can'. The website notes that the average person pays \$10 USD) per group session.	Online.

PRIVATE / FULL FEE:

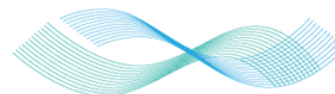
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
Green Space Health www.greenspacehealth.com	Youth, Adults, Couples, Families.	Provides intake and matching services to a therapist based on presenting issues, location etc. There is no charge to participate in the intake or matching service; however, once matched with a therapist's fee for therapy service will apply.	Self-refer for assessment and matching service with a therapist.	\$100 - \$250 (varies depending on therapist).	Varies based on therapy match (includes virtual options)
Psychology Today www.psychologytoday.com/ca	Children, youth, adults, couple, families.	Provides a directory of therapists to choose from. Input information/preferences online to read relevant therapist profiles.	Self-refer to therapist selected unless otherwise stated.	Varies based on selected therapist.	Various.
Healing Collective https://www.healingcollective.ca/	Children, youth, adults, couples, families.	A Collective of psychotherapists and wellness professionals providing individual, couples and family counselling re: a range of presenting concerns. Therapist profiles available on website.	Self-referral through form at bottom of website or contact a therapist from the collective directly.	\$100 - \$160 (may vary based on therapist).	East
CBT Associates https://www.cbtassociates.com/ Ph: 416 363 4228	Children, youth, adults, couples, families.	Provides intake and linkage to a therapist for individual counselling. Primarily CBT-based interventions. Therapist profiles available on website.	Self-referral through form here: https://signupform.info/form/cbtaassociates	\$150 - \$250+ depending on qualification levels.	Central

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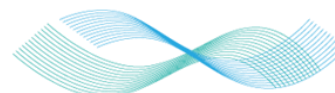
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
CFIR Centre for Interpersonal Relationships https://cfir.ca/ Ph: 647 417 0182	Children, youth, adults, couples, families.	An organization of independent psychologists, psychotherapists and student clinicians offering individual, couples, and family counselling.	Self-referral through form here: https://cfir.ca/contact-us/initial-appointment/	Up to \$180 depending on level of experience. Offers a free 30-minute consultation.	Central
The Mindfulness Clinic https://www.themindfulnessclinic.ca/therapies/ Ph: 416 847 7118	Adults. Individual, group counselling. Mindfulness, solution-focused	Individual and group counselling on a range of concerns with a mindfulness focus.	Self-referral by clicking on the 'request an appointment' tab.	\$150/session (may vary based on therapist).	Central
Toronto Psychotherapy Group https://www.torontopsychotherapygroup.com/	Adults, couples, families.	A collective of independent therapists focusing on a variety of presenting concerns. Therapist profiles available online. Includes a 'find a therapist' feature.	Self-referral through contacting a therapist at their phone or email.	\$150/session (may vary based on therapist).	Toronto and the GTA
Toronto Centre for Emotionally Focused Therapy https://tceft.ca/	Adults, couples, families.	Individual, couples, and family counselling with a focus on Emotionally-Focused Therapy.	Self-referral through contacting a therapist at their phone or email.	\$150/session (may vary based on therapist).	Toronto and the GTA
Bloor West Therapy https://bwtherapy.ca/ Ph: 416 546 7496	Adults, couples, families.	A collective of independent therapists focusing on a variety of presenting concerns. Therapist profiles available online.	Self-referral through calling or emailing info@bwtherapy.ca	\$150/session for social worker/ psychotherapist.	West

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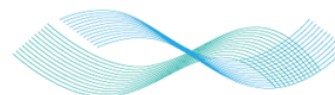
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
West End Psychological Services https://westendpsych.com/ Ph: 416 535 9377	Youth and Adults.	A collective of therapists offering counseling on a range of presenting issues. Therapist bios available online. Group counselling available (DBT, Mindfulness-based CBT).	Self-referral through calling or emailing: info@westendpsych.ca	Standard social work, psychology fees. Some reduced rate fees available depending on training level.	West
Ohana Wellness Clinic https://ohanawellnessclinic.com/psychotherapy/ Ph: 416 820 8588	Children, youth, adults, couples, families.	Offers a range of wellness services including psychotherapy. Can browse therapist profiles on website.	Self-refer through calling or sending message through website.	\$150/session (may vary based on therapist).	West
Beaches Therapy Group https://beachestherapy.ca/ Ph: 647 484 8622	Individual, couples, family counselling.	Individual, Family, Child, Couples. Offers a range of approaches including art therapy.	Self-referral. Contact here: https://beachestherapy.ca/contact-me/	\$150/session (may vary based on therapist) Contact for more information.	East

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Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
<p>Mindful Maelstrom Wellness clinic https://www.mindfulmaelstrom.com/for-the-mind-psychotherapy-and-counselling-toronto-ontario Ph: 416 519 0989</p>	<p>Adults, couples, families.</p>	<p>A collective of therapists offering counselling support on a range of clinical issues.</p> <p>Therapist profiles available online.</p>	<p>Self-referral through calling or emailing: bewell@mindfulmaelstorm.com</p>	<p>Individual Therapy \$150-205/session.</p> <p>Couples or Family Therapy \$180-250/session.</p> <p>Offers an 'affordable therapy program'.</p>	<p>West</p>
<p>MFT Toronto https://www.mfttoronto.ca/</p>	<p>Adults, couples, families.</p>	<p>A collective of therapists offering counseling on a range of issues, including couples counselling, marriage and family therapy.</p> <p>Book a first session of phone consultation using the online booking system.</p>	<p>Self-referral through website: https://mfttoronto.janeapp.com/</p>	<p>\$150/session (may vary based on therapist)</p> <p>Contact for more information.</p>	<p>West</p>
<p>The Calm Collective https://thecalmcollective.ca/</p>	<p>Adults, couples, families.</p>	<p>A collective of therapists offering general and specialized interventions on a range of presenting issues.</p> <p>Therapist profiles available on website.</p>	<p>Self-referral through form on website: https://thecalmcollective.ca/contactus/</p>	<p>\$150/individual session.</p> <p>\$185/couple and family session.</p> <p>Affordable therapy rates available for therapists in training.</p>	<p>West and East</p>

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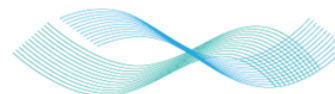
Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
Couple Therapy Toronto https://www.coupletherapytoronto.com/ Ph: 647 729 8981	Children, youth, adults, couples, families.	A collective of therapists a range of services to people of all ages including couples and families. Therapist profiles are available on website.	Self-referral through website: https://www.coupletherapytoronto.com/therapy-counselling-psychotherapy/adults-kids-couples-families	Standard rate is \$169.50.	Central
Andrea Warnick Consulting www.andreawarnick.com	Children, youth, adults, couples, families.	A Collective of therapists providing grief-focused therapy. Therapist profiles available on website.	Self-referral through website: https://andreawarnick.com/contact/	\$150/session (may vary based on therapist). Contact for more information.	Toronto and the GTA
Family Psychology Centre https://familypsychology.org/ Ph: 416 848 1829	Children, youth, adults, couples, families.	Child and family psychology centre offering consultation, assessment, and treatment related to child development concerns. Offers a range of parenting workshops (Emotion Focused Caregiver; Co-Parenting).	Self-refer by phone or email: admin@familypsychology.org	Cost varies based on therapist and service.	West
Layla Care www.layla.care 647-374-4210	Youth, adults, couples.	A matching service to therapists providing individual and couples counselling. Offers group support (Emotional Regulation/DBT, Recovery Skills for Eating Disorders and Disordered Eating, Coping with Diabetes).	Self-refer for assessment/to be matched with a therapist.	\$130 per session.	Various including virtual
EBT-3 Evidence-Based Therapy, Training and Education www.ebt3.com 416-628-4336	Youth, adults, couples, families.	A collective of Psychologists providing assessment and evidence-based interventions on a range of issues with a CBT focus. Therapist profiles available on website. Therapies used are short-term.	Self-refer.	Cost varies based on level of training.	Central

Name & Contact Information	Population Served	Service Description	Referral	Fees	Location
Ontario Association of Social Work/Find a Social Worker' www.findasocialworker.ca	Children, youth, adults, couples, families.	A directory of Registered Social Workers/psychotherapists. Input information on website to be matched with therapist meeting criteria/preferences. Therapist profiles available online.	Self-refer to selected therapist from directory.	Cost varies based on Social Worker. Some Social Workers may offer sliding scale rates.	Various

WALK-IN/SINGLE SESSION CLINICS:

Name & Contact Information	Population Served	Service Description	Hours of Operation	Location
Family Services Toronto https://familyservicetoronto.org/our-services/programs-and-services/walk-in-clinic/ Ph: 416 595 9618	Individuals 18 years + who live or work in Toronto and the GTA	Walk-In Counselling (Single Session Virtual Counselling) available weekdays. Contact Service Access Unit (416 595 9618).	Weekdays from 9:00 am to 6:00 pm. A counsellor will return calls between 11:30 am and 6:30 pm daily.	Central
Catholic Family Services Central: 1155 Yonge St., Ste. 101 North: 5799 Yonge St., Ste. 300 https://www.cfstoronto.com/client/cfs/cfs_lp4w_lnd_webstation.nsf/page/Online+Quick+Access+Single+Session Ph: 416 921 1163 or 416 222 0048	Individuals, couples, families.	Offers 'Online Quick Access Single Sessions' during the pandemic.	No Specified Hours. Call either 416 921 1163 or 416 222 0048 and leave a message with your name and contact information. A staff person will contact you and provide you with further information.	Central & North Toronto

ADULT/COUPLE THERAPY RESOURCES



Name & Contact Information	Population Served	Service Description	Hours of Operation	Location
Woodgreen Community Services 815 Danforth Ave., Ste 100 https://www.woodgreen.org/services/programs/walk-in-counselling/ Ph: 416 645-6000 ext. 1990	Youth, Adults.	Walk-in/Single session counselling (over the phone during the pandemic).	Tuesdays and Wednesdays beginning at 4:15 pm. Call in to register between 4:00 pm and 6:30 pm Register by calling 416 645 6000 x 1900.	East York
META:PHI RAAM CLINICS http://www.metaphi.ca/raam-clinics/ Ph: 1 888 399 8342	Adults with substance use issues.	Rapid Access Addiction Medicine Clinic. Brief counselling and referrals.	Call the number provided.	Various.
416 Drop-In Centre 416 Dundas St. E https://www.torontocentralhealthline.ca/displayService.aspx?id=194869 Ph: 416 928 3334 x 224	Women (age 16 +); women dealing with mental health issues, addiction, homelessness, social isolation.	Phone services only - Drop-In (crisis intervention, prevention and support).	Staff will be on-site to answer phone calls from 10 am – 3 pm and doing phone check ins-with clients during the pandemic. Regular hours are 8:30am – 4:30pm Monday to Friday.	Central