

Centralized Access Hubs and Walk-Ins

For easy access to community agencies and publicly-funded services for children, youth, adolescents and their families.

Help Ahead || <https://helpahead.ca/> || 1-866-585-6486

Help Ahead is the centralized access point to find mental health services for infants, children, youth, adolescents and families in Toronto. Help Ahead is a free service that helps young people and their families connect with community-based mental health services, distress centres, self-help groups, family services and crisis lines. Help Ahead is an excellent first step to connect with publicly-funded mental health services.

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

Immediate mental health counselling for children, youth and young adults up to age 29, parents/caregivers and families with infants in Toronto. You can connect with a What's Up Walk-In® counsellor via phone or video by calling Help Ahead. 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.

Youth Wellness Hubs Ontario (YWHO) || <https://youthhubs.ca/en/>

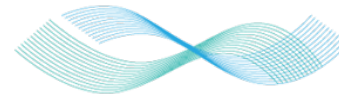
YWHO is an initiative to provide rapid access mental health and substance use services across Ontario for youth aged 12-25. There are ten hubs across Ontario to address youth needs related to mental health, substance use, primary care, education, employment, housing and other community and social services. The hubs include peer services, counselling, groups, outreach and system navigation services.

Central Toronto Youth Wellness Hub || <https://youthhubs.ca/en/sites/central-toronto/> || 416-482-0081 x 5

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: September 2022



OHIP COVERED / FREE COMMUNITY RESOURCES

Many of these agencies can be accessed through Help Ahead or the Youth Wellness Hubs as seen above. Services may also be accessed by calling or emailing the agency directly. Please visit the website URL provided below to learn more about the agency's programs and service.

Lumenus Community Services || <https://lumenus.ca/>

Lumenus Community Services offers a broad and diverse range of programs and services (mental health, developmental disability, complex special needs, etc.) for infants, children, youth, young adults up to the age of 29 and their families.

Location: multiple service locations across the GTA

Catchment: GTA; may vary across programs

Contact: Visit <https://www.lumenus.ca/contact/>, email: info@lumenus.ca or contact Help Ahead

Central Toronto Youth Services (CTYS) || <https://ctys.org>

CTYS offers mental health programs and services for youth and young adults between the ages of 12 to 24 and their families.

Location: Wellesley & Church

Catchment: GTA; may vary across programs

Contact: Visit their website, email mail@ctys.org, call 416-924-2100 or contact Help Ahead

Turning Point Youth Services (TPYS) || <https://turningpoint.ca/>

TPYS offers mental health programs and services for youth and young adults between the ages of 12 to 24 and their families.

Location: Wellesley & Jarvis

Catchment: Toronto Area

Contact: Visit <https://turningpoint.ca/get-in-touch/>, call 416-925-9250 or contact Help Ahead

**1 year wait list for community counselling program (Sept 2022)*

Yorktown Family Services (YFS) || <https://www.yorktownfamilyservices.com>

YFS offers diverse programs and services for infants, children, youth and young adults up to the age of 29 and their families.

Location: Eglinton & Dufferin

Catchment: West End Toronto for ongoing services; all Ontario for rapid access therapy

Contact: Visit their website, email info@yorktownfamilyservices.com, call 416-669-3521 or contact Help Ahead

George Hull Centre for Children and Families || <https://georgehullcentre.ca/>

George Hull offers mental health programs and services for infants, children, youth up to the age of 18 and their families.

Location: Etobicoke, two locations

Catchment: Etobicoke; exception: the Day Treatment Program and Attachment Programs for adoptive/foster/kin or biological parents are open to all of Toronto

Contact: Visit their website, email reachus@georgehull.on.ca, call 416-622-8833 or contact Help Ahead

Breakaway Community Services || <https://breakawaycs.ca/>

Breakaway offers addictions-specific programs and services for youth and young adults between the ages of 12 to 29 and their families.

Location: Dufferin & Queen

Catchment: Varies by program; contact for more information

Contact: Visit their website, email breakaway@breakawaycs.ca, call 416-537-9346 or contact Help Ahead

LOFT Community Services, Transitional Aged Youth (TAY) Program || <https://www.loftcs.org/what-we-do/specialized-services/youth/>

LOFT offers programs and services for youth up to the age of 26 who face challenges with mental health, physical health and/or addictions

Location: Church & King

Catchment: West to Islington, East to Warden, South to Lakeshore and North Jane and Finch

Contact: Visit their website, email info@loftcs.org, call 416-979-1994 and apply for services through The Access Point

Strides Toronto || <https://stridestoronto.ca/>

Strides offers a broad and diverse range of programs and services (mental health, developmental disability, complex special needs, etc.) for infants, children and youth up to the age of 24 and their families

Location: Scarborough, two locations

Catchment: Scarborough and East York

Contact: Visit their website for the phone number of the nearest location or email contactus@stridestoronto.ca

YouthLink || <https://youthlink.ca/>

YouthLink offers programs and services for children and youth up to the age of 24 and their families

Location: Kennedy & Foxridge, Scarborough

Catchment: Toronto Area

Contact: Visit <https://youthlink.ca/contact-us/>, call 416-967-1773 or contact Help Ahead

PAY FOR SERVICE AND SLIDING SCALE PRIVATE THERAPY

For families with access to extended health benefits or financial resources to pay out of pocket for counselling, the below resources may be helpful. This list includes full-fee therapy options (range from \$130-\$260+) and sliding scale/low-cost options. The relationship between client and therapist – the ‘fit’ – is one of the most influential factors in therapeutic outcomes and experience. It is encouraged that the child/adolescent and/or parent/caregiver arrange a few different consultations (usually free) with multiple therapists to assess fit. To learn more about the resources below, please contact them directly or visit their website using the URL provided.

Greenspace Health || www.greenspacehealth.com/en-ca/patients

Greenspace Health is a free therapist matching service in Southern Ontario. The process begins by completing the online intake form (see URL above) which will be followed by a phone intake. The intake worker will gather information (age, primary concern, therapist preferences, etc.) and then recommend a therapist that they will help you arrange a free, phone consultation with.

Cost: Fees range from \$100-\$250/session and may be covered by extended health benefits

Shift Collab || <https://www.shiftcollab.com/>

Shift Collab is a free therapist matching service across Canada. To get started, complete the “Get Matched” form online for specialized therapist recommendations. Alternatively, one can get started by browsing the directory of therapists with options to customize and filter the search (i.e., youth and teens). The next step is to arrange a free phone consultation.

Location: Virtual appointments only at this time

Contact: Visit their website, email hello@shiftcollab.com or call 416-962-8255

Cost: Fees range from \$140-\$200 and may be covered by extended health benefits. Student therapists may be able to offer a range from \$90-\$125

Toronto Counselling Centre for Teens || <https://www.counsellingtorontoteens.com/>

A collective of social workers and psychotherapists that specialize in working with teens and their families. Individual and family therapy is available as well as groups.

Location: Runnymede & Bloor, in-person and virtual appointments available

Contact: Visit their website, email info@counsellingtorontoteens.com or call 416-565-4504

Cost: The fee for a one-hour session is \$175 and may be covered by extended health benefits

Whole Heart Mental Health and Wellness || <https://wholeheartmentalhealth.com/>

An interprofessional team who specialize in working with children, adolescents and their families. A full spectrum of mental health and wellness services are available, including individual and family counselling, groups, workshops for parents, psychiatric consultation and psycho-educational assessments.

Location: Multiple locations including Central Toronto, Whitby and Mississauga; mainly virtual therapy with limited in-person options

Contact: Visit their website, email intake@wholeheartmentalhealth.com or call 647-345-0661

Cost: For individual therapy, fees range from \$140+/session; contact to inquire

The Clinic on Dupont, Child and Adolescent Clinic || <https://www.theclinicdupont.com/treatments/child/>

Individual and family therapy for children, adolescents and their families. Psychological assessments are also available.

Location: Dupont & Davenport, in-person and virtual appointments available

Contact: Visit their website, email info@theclinicdupont.com or call 416-515-2649

Cost: Fees for a one-hour session range from \$225 - \$275 and may be covered by extended health benefits

Behaviour Matters || <https://www.behaviourmatters.ca/adolescent-therapy>

Individual and family therapy for children, adolescents and their families. Group programming also available for adolescents and parents.

Location: Multiple locations, visit website for more information

Contact: Visit their website, email info@behaviourmatters.ca or call 416-655-4194

Cost: Fees for a 50-minute session are \$150

**Sliding scale not available (Aug 2022)*

The Family Psychology Centre || <https://familypsychology.org/>

Full range of psychological services for infants, children, adolescents and their families.

Location: Eglinton East, online therapy available

Contact: Visit their website, email admin@familypsychology.org or call 416-848-1829

Cost: \$180/session for Clinical Social Workers; \$190-220 for Psychologists; \$125/sliding scale for Doctoral Associates

Danforth Psychology, Children and Adolescent Therapy || <https://www.danforthpsychology.ca/teen-therapy>

Individual and group-based therapy for children and teens.

Location: Riverdale, Toronto short walk from Pape subway station

Contact: Visit their website, email intake@danforthpsychology.ca or call 416-668-3309

Cost: Fees for a 50-minute session are \$225 with Psychologist

Toronto Neurofeedback and Psychotherapy Centre || <https://torontoneurofeedback.ca/>

Individual and family therapy for children, adolescents and their families. Online webinars for parents/caregivers are also available.

Location: Etobicoke

Contact: Visit their website, email admin@torontoneurofeedback.ca or call 647-363-5637

Cost: Fees for a 50-minute session range from \$125-\$185 and may be covered by extended health benefits

CBT Associates || <https://www.cbtassociates.com/children-adolescents/>

Individual and group therapy for children and adolescents. Psychoeducational and diagnostic assessments are also available.

Location: Multiple locations including Downtown Toronto, North York and Etobicoke, in-person and virtual appointments available

Contact: Visit their website or call 416-363-4228

Cost: Fees for a one-hour session range from \$150-\$200 for Social Workers and Psychotherapists and from \$225-\$250 for Psychologists