

This resource list is intended for informational purposes only. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team or call 416-260-1315 ext. 0 to book a Single Session Clinic appointment with a Social Worker. We are here for you.

**IN SCHOOL SUPPORTS**

*Mental health supports are available within the school system, and within post-secondary institutions (universities/colleges).*

| Level of Education/ District   |                  | Service Description  | How to access  |
|--|------------------|--|--|
| <b>Public or Catholic District School Board (elementary through high school)</b> |                  | School social workers are placed at schools across the city, and offer individual or group supports for students and their families related to mental health and wellbeing, and referrals and resource navigation. | Contact a teacher, principal, or guidance counselor at the school; each school board has a different referral process. Parent/guardian consent is required for a student to access services.   |
| <b>Post-secondary Institutions (colleges and universities)</b>                   | <b>In school</b> | All post-secondary institutions have a mental health resource centre, which usually offer free individual counselling, group counselling, assessment, and other services.  | Visit your institutions website for more information on how to access services   |
|  | <b>Private</b>   | Many extended health benefit/insurance plans offered through the institution also include coverage for counselling and therapy. Private mental health services can be accessed with this coverage.                 | Check your benefits booklet for what is covered under mental health (i.e., counselling, social work, mental health, psychotherapy, psychology), and how much. See [insert handout] for information on how to find a private therapist. |

**PAY FOR SERVICE AND SLIDING SCALE PRIVATE THERAPY**

Young people and families with access to extended health benefits or financial resources can pay out of pocket for counselling. Private therapy costs can range from full-fee therapy (\$130-\$260+ per session) to sliding scale/low-cost options (\$10-\$100 per session). 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. Please see our *General Therapy Handout* for more information on how to find a private therapist.

**CENTRALIZED ACCESS HUBS**

*Free youth mental health access hubs; a helpful first step to getting connected with publicly-funded mental health services.*

| Name of Agency  | Service Description   | Ages Served; Catchment | Contact Information and Referral Process   |
|---|---|------------------------|--|
| <b>Youth Wellness Hubs Ontario (YWHO)</b> <a href="https://youthhubs.ca/">https://youthhubs.ca/</a>   | YWHOs provide low-barrier, and free mental health and substance use services. There are 32 hubs across Ontario with 5 hubs in Toronto. Hubs include peer services, counselling, groups, outreach and system navigation services to address youth needs related to mental health, substance use, primary care, education, employment, housing and other community and social services. | 12-25; Ontario-wide    | Each hub is located within a community service agency, and has different contact information and referral processes; find your nearest hub and information here: <a href="https://youthhubs.ca/ywho-sites">https://youthhubs.ca/ywho-sites</a> |
| <b>Help Ahead</b><br><a href="https://helpahead.ca/">https://helpahead.ca/</a>  | 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.                                       | 0-18; Toronto          | Call 1-866-585-6486 to speak to an intake worker   |
| <b>Family Navigation Project (FNP)</b><br><a href="https://sunnybrook.ca/content/?page=family-navigation-project">https://sunnybrook.ca/content/?page=family-navigation-project</a> | The FNP helps young people and their families navigate the mental health and addictions system to find care they need.  | 11-29; GTA             | Call 1-800-380-9FNP or email <a href="mailto:familynavigation@sunnybrook.ca">familynavigation@sunnybrook.ca</a>  |

**FREE WALK-IN COUNSELLING SUPPORTS**

*Free single session, drop-in, or walk-in counselling services that are offered virtually or at various locations across the city*

| Name of Agency                  | Service Description  | Location and Hours   | Contact Information and Referral Process   |
|---------------------------------|--|--|--|
| <b>One Stop Talk</b>            | Free immediate virtual mental health supports for youth under 18 years of age                                    | Virtual; Monday to Friday 12PM – 8PM, Saturday 12PM – 4PM                    | No appointment or referral required; connect at least one hour before closing. Call 1-855-416-8225 or visit <a href="https://onestoptalk.ca/">https://onestoptalk.ca/</a>  |
| <b>What’s Up Walk-In (WUWI)</b> | Free virtual or in-person “walk-in” mental health counselling youth up to age 29 and their parents and families. | Services are available Monday to Saturday across various agencies in Toronto | No referral or appointment required; drop in to agency closest to you, or call any agency for a virtual session: <a href="https://www.whatsupwalkin.ca/wuwi-locations-hours/">https://www.whatsupwalkin.ca/wuwi-locations-hours/</a> |

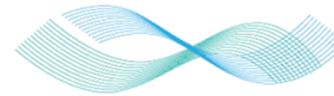
**COMMUNITY YOUTH AGENCIES – PUBLICLY FUNDED/FREE PROGRAMMING**

*Agencies that offer free services for youth (in-person and virtual). Many programs are self-referral and have waitlists.*

| Name of Agency   | Service Description   | Ages Served; Catchment | Contact Information and Referral Process   |
|--|---|------------------------|--|
| <b>Lumenus Community Services</b>   <a href="https://lumenus.ca/">https://lumenus.ca/</a>      | Lumenus offers a broad range of free individual and group programs and services for mental health, substance use, developmental disabilities, autism, and early years | 0-29 & families; GTA   | Visit each program webpage for referral processes or call 1-833-LUMENUS (586-3687) |
| <b>Central Toronto Youth Services (CTYS)</b>   <a href="https://ctys.org">https://ctys.org</a> | CTYS offers mental health counselling, groups, and services for diverse youth   | 12-24 & families; GTA  | Visit each program page for referral processes or call 416-924-2100                |



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| <b>Turning Point Youth Services (TPYS)  </b><br><a href="https://turningpoint.ca/">https://turningpoint.ca/</a>                  | TPYS offers individual counselling programs, live-in treatment, day treatment (in schools), and youth justice programs.                                      | 12-18 & families;<br>Toronto Area     | Referral is through Help Ahead  |
| <b>George Hull Centre for Children and Families  </b><br><a href="https://georgehullcentre.ca/">https://georgehullcentre.ca/</a> | George Hull offers counselling, day treatment, intensive treatment & group services  | 0-18 & families;<br>Etobicoke         | Intake Coordinator: 416-622-8833 ext. 258   |
| <b>Breakaway Community Services  </b><br><a href="https://breakawaycs.ca/">https://breakawaycs.ca/</a>                           | Breakaway offers addictions-specific programs and services for youth and young adults between the ages of 12 to 25 and their families.                       | 12-29 & families;<br>Catchment varies | Call 416-537-9346 ext. 225 or email <a href="mailto:claudiaa@breakawaycs.ca">claudiaa@breakawaycs.ca</a>                    |
| <b>LOFT Community Services, Transitional Aged Youth (TAY) Program</b>  | LOFT TAY program offers peer support and case management for youth   | 0-26; Toronto                         | Visit their Instagram:<br><a href="https://www.instagram.com/loft_tay/?hl=en">https://www.instagram.com/loft_tay/?hl=en</a> |
| <b>Strides Toronto  </b><br><a href="https://stridestoronto.ca/">https://stridestoronto.ca/</a>                                  | Strides offers a broad and diverse range of programs and services (mental health, developmental disability, complex needs, etc.)                             | 0-25 & families;<br>Toronto           | Visit each program page for referral processes or call 416-438-3697   |
| <b>YouthLink  </b><br><a href="https://youthlink.ca/">https://youthlink.ca/</a>  | YouthLink offers family counselling, parenting support, youth shelter and housing, education, and community-based programs                                   | 12-21; GTA                            | Call 416-967-1773 ext. 200 to get started   |
| <b>Stella's Place  </b><br><a href="https://stellasplace.ca/">https://stellasplace.ca/</a>                                       | Stella's Place provides free mental health services including counselling, DBT group, peer support, clinical services, wellness, art, and recovery programs. | 16-29; GTA                            | Some programs are drop-in, others require intake, visit each program page for referral process                              |
| <b>Child Development Institute (CDI)  </b> <a href="https://childdevelop.ca/">https://childdevelop.ca/</a>                       | CDI offers child and youth mental health services, early years and child care services, and gender-based violence services                                   | 0-18 & families;<br>GTA               | Call 416-603-1827 to speak to an intake worker, some referrals through Help Ahead   |



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| <p><b>Wanasah  </b><br/><a href="https://wanasah.ca/services/">https://wanasah.ca/services/</a></p>  | <p>Services for Black youth and their families, who are experiencing mental health and/or addictions concerns.</p>   | <p>12-25; Regent Park &amp; area</p> | <p>Referral form:<br/><a href="https://wanasah.ca/wp-content/uploads/2023/12/Referral-Form_fillable.pdf">https://wanasah.ca/wp-content/uploads/2023/12/Referral-Form_fillable.pdf</a> or call an intake worker at 647-947-6090</p> |
| <p><b>Youthdale  </b><br/><a href="https://www.youthdale.ca/">https://www.youthdale.ca/</a></p>  | <p>Youthdale provides counselling, inpatient and intensive mental health services for youth, as well as psychiatric assessment</p>   | <p>12-23; GTA</p>                    | <p>Call intake: 416-363-3751 ext. 2000, email <a href="mailto:intake@youthdale.ca">intake@youthdale.ca</a></p>   |
| <p><b>Friends of Ruby  </b><br/><a href="https://www.friendsofruby.ca/">https://www.friendsofruby.ca/</a></p>  | <p>Friends of Ruby provides counselling, housing, and social services to 2SLGBTQIA+ youth</p>  | <p>16-29; GTA</p>                    | <p>Intake form:<br/><a href="https://lla877wv5p4.typeform.com/Registration">https://lla877wv5p4.typeform.com/Registration</a> or drop-in to register</p>   |
| <p><b>Planned Parenthood  </b><br/><a href="https://ppt.on.ca/counselling/">https://ppt.on.ca/counselling/</a></p>   | <p>Planned parenthood provides individual and group counselling for a range of topics including gender, trauma, general worry, and ADHD. They also offer case coordination</p> | <p>13-29; GTA</p>                    | <p>Call 416-961-0113 to register,</p>  |
| <p><b>Anishnawbe Health Toronto Oshkii Okitchiidak Program  </b><br/><a href="https://aht.ca/program/oshkii-youth/">https://aht.ca/program/oshkii-youth/</a></p> | <p>Anishnawbe Health Toronto offers a youth program with counselling and advocacy supports.</p>  | <p>14-24; GTA</p>                    | <p>Call 416-360-0486 x 206 to complete an intake</p>   |