

This resource list includes information about resources, services and organizations that may help support children, youth, and families. While the Mental Health Team is committed to updating this resource list regularly, there is no guarantee that it is free from errors and/or that services listed may have changed since the latest update. 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
Public or Catholic District School Board (elementary through high school)		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.
Post-secondary Institutions (colleges and universities)	Free/In-school supports	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
	Paid/Private supports using Extended Health Benefits	Many extended health benefit/insurance plans offered through institutions 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 our <i>General Therapy Handout</i> 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 young person and/or their 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
Youth Wellness Hubs Ontario (YWHO) https://youthhubs.ca/	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: https://youthhubs.ca/ywho-sites
Help Ahead https://helpahead.ca/	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
Family Navigation Project (FNP) https://sunnybrook.ca/content/?page=family-navigation-project	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 familynavigation@sunnybrook.ca

FREE WALK-IN COUNSELLING SUPPORTS

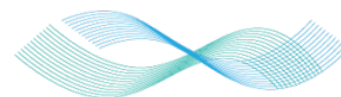
Free single session, drop-in, or walk-in counselling services that are offered virtually or at various locations across the city

Name of Agency	Service Description	Location and Hours	Contact Information and Referral Process
One Stop Talk https://onestoptalk.ca/	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 1-855-416-8255 or connect online at https://onestoptalk.ca/
What's Up Walk-In (WUWI) https://www.whatsupwalkin.ca/	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: https://www.whatsupwalkin.ca/wuwi-locations-hours/

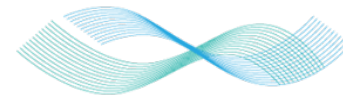
COMMUNITY YOUTH AGENCIES – PUBLICLY FUNDED/FREE PROGRAMMING

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
Lumenus Community Services https://lumenus.ca/	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)
Central Toronto Youth Services (CTYS) https://ctys.org	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



Turning Point Youth Services (TPYS) at Woodgreen https://turningpoint.ca/	TPYS offers individual counselling programs, live-in treatment, day treatment (in schools), and youth justice programs.	12-18 & families; Toronto Area	Visit each program page for referral processes
George Hull Centre for Children and Families https://georgehullcentre.ca/	George Hull offers counselling, day treatment, intensive treatment & group services	0-18 & families; Etobicoke	Intake Coordinator: 416-622-8833 ext. 258
Breakaway Community Services https://breakawaycs.ca/programs/family-youth-initiative/	Breakaway offers addictions-specific programs and services for youth and young adults between the ages of 12 to 25 and their families.	12-25 & families; Catchment varies	Call 416-537-9346 ext. 225 or email intake@breakawaycs.ca
LOFT Community Services, Transitional Aged Youth (TAY) Program	LOFT TAY program offers peer support and case management for youth	0-29; Toronto	Visit their Instagram: https://www.instagram.com/loft_tay/?hl=en
Strides Toronto https://stridestoronto.ca/	Strides offers a broad and diverse range of programs and services (mental health, developmental disability, complex needs, etc.)	0-25 & families; Toronto	Visit each program page for referral processes or call 416-438-3697
YouthLink https://youthlink.ca/	YouthLink offers family counselling, parenting support, youth shelter and housing, education, and community-based programs	12-24; GTA	Call 416-967-1773 ext. 200 to get started
Stella's Place https://stellasplace.ca/	Stella's Place provides free mental health services including counselling, DBT group, peer support, clinical services, wellness, art, and recovery programs.	16-29; GTA	Drop-in programs do not require a referral, other programs – complete Program Interest Form: https://stellasplace.ca/program-interest-form/
Child Development Institute (CDI) https://childdevelop.ca/	CDI offers child and youth mental health services, early years and child care services, and gender-based violence services	0-18 & families; GTA	Call 416-603-1827 ext. 8017 or email intake@childdevelop.ca



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