



North York
Family Health Team



MENTAL HEALTH SUPPORT

ConnexOntario (24/7)

1-866-531-2600

www.connexontario.ca

(Addiction, Mental Health, and Problem Gambling Treatment Services)

Safer Use Peer Support Line

1-888-233-5633

(10 PM – 3 AM)

Warm Lines

Warm Line- Progress Place
(Online chat, text or call 3pm-7pm 7 days a week)
www.warmline.ca/

416-323-3721 (12pm- 8pm)

416-960-9276 (8pm - 12am)

Warm Line & Peer Crisis Support Services
(Available 24/7 for York Region, South Simcoe and North York)

1-888-777-0979

<https://krasmancentre.com>

TIPS Warm line
Disorder Association of Ontario- Mon-Fri 9:30am-5pm)

1-866-363-6663 (Mood

app.acultyscheduling.com

Virtual Walk-in one on one counselling

Family Services Toronto
(Free single session on weekdays 9am-6pm)

416-595-9618

<https://familyserVICEToronto.org>

Catholic Family Services
(Tuesday & Thursday 9am-7pm- Sliding scale fee)

416-921-1163, 416-222-0048

<https://www.cfstoronto.com/>

Woodgreen Community services
(Free- Register 4:15-6:45pm on Tuesday & Wednesday)

416-645-6000 ext. 1990

<https://www.woodgreen.org>

Sherbourne Health **waitlist open to internal referrals only**
(Free- Register at noon on Tuesday)

416-324-4109

<https://sherbourne.on.ca>

Wellness Together Canada
Available 24/7

Adults: 1-866-585-0445

Youth: 1-888-668-6810

Free: Same-day, single-session phone counselling (for 16 years+)

<https://ca.portal.gs/>



North York
Family Health Team



OHIP/Sliding scale counselling

Medical Psychotherapy Association Canada
(Covered)

416-410-6644 (OHIP)
<https://www.mdpac.ca/>

The Medical Clinic for Person Centred Psychotherapy
(OHIP Covered, referral needed)

416-229-2399
1-888-229-8088
www.medicalpsychclinic.org/

Catholic Family Services Toronto (sliding scale)
Central Toronto Office
North Toronto Office

416-921-1163
416-222-0048
www.cfstoronto.com/

Family Service Toronto (Sliding scale- Locations across Toronto)

416-595-9618
familyservicetoronto.org/

Jewish Family and Child (Sliding Scale)

416-638-7800 x 6234
<https://www.ifandcs.com/>

Sherbourne Health-LGBTQ, Newcomers; Homeless/under housed
(Free)

416-324-4109
sherbourne.on.ca

PACT- PEOPLE ACCESSING CARE TEAMS
Black Creek CHC (OHIP covered, referral needed)
Vaughan CHC (OHIP covered, referral needed)

416-249-8000 or 416-246-2388
905-303-8490 Ext.4
www.vaughanchc.com

Spiritual and Religious Care- NYGH (Free)

416-756-6311
<https://www.nygh.on.ca>

Child, Youth & their families

Help Ahead

Centralized phone line to access child, youth and
family mental health and well-being resources
(Monday to Friday 9 a.m. - 7 p.m.; Saturday 9 a.m. - 5 p.m.)

1-866-585-6486
www.helpahead.ca



North York
Family Health Team



Sunnybrook Family Navigation Project (FNP)

Helps young people and their families navigate the mental health and addictions system to find the care they need in the Greater Toronto Area (Durham, Halton, Peel, Toronto, York).

1-800-380-9367

<https://sunnybrook.ca>

What's Up Walk in

Immediate mental health counselling for children, youth, young adults and their families, and families with infant.

(Monday to Friday 9AM – 7PM; Saturday 10AM – 4PM)

1-866-585-6486

www.whatsupwalkin.ca/

Therapist offering reduced rate counselling

Toronto Institute for Relational Therapy- Low-cost TIRP therapists Student therapists \$25 (including HST) per session.

Senior students and graduates on a sliding scale (between \$40 and \$80 (including HST) for both individual and couple therapy).

tirp-lowcost-therapy.ca/

Affordable Therapy Network

low-cost rate ranging between \$50- \$65
sliding scale rates between \$70-\$120

affordabletherapynetwork.com/

Open Path Psychotherapy Collective

psychotherapy sessions between \$30 and \$60
(between \$30 and \$80 for couples & family sessions)

Christian Counselling Services

Individual, couples, & family counselling

No specific limit to # of sessions. All welcome.

Senior counsellors: \$75+; Intern counsellors: \$0+

[tps://openpathcollective.org/](https://openpathcollective.org/)

416-489-3350

christiancounsellingservices.com

The Centre for Training in Psychotherapy (reduced fee)

ctpthrapyreferralservice@gmail.com

ctp.net/ctp-referral-service/



North York
Family Health Team



Private counselling

Psychology Today

www.psychologytoday.com/ca/

LAYLA

www.layla.care

Psychotherapy Ontario

www.psychotherapyontario.org

Better Help

www.betterhelp.com

Green Space

greenspacehealth.com/en-ca

Free Online resources:

Online skill-building program
With mental health coach support

1-866-345-0224
www.bouncebackontario.ca

Online peer support & self-mgmt. tools & workshops

togetherall.com

Smart Recovery- Life Beyond Addiction (group support)

<https://www.smartrecovery.org/>

Body Brave (eating disorders)

<https://www.bodybrave.ca/>

Free Online self-guided programs

AnxietyCanada – My Anxiety Plan (MAPs)
based on CBT

Anxiety management programs

option for Children/Teens and Adults

www.anxietycanada.com

Wellness Together Canada

www.wellnesstogether.ca

CCI Self-Help Resources for Mental Health

www.cci.health.wa.gov.au

Breaking Free from Substance Abuse

www.breakingfreeonline.ca/

COVID-19 Support

<https://mentalhealthcovid19.ca/>

<https://www.ontario.ca/page/covid-19-support-people#mental-health>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-practicingwellness-while-you-stay-at-home>



North York
Family Health Team



Mental Health Apps

Skills-based support:

AbilitiCBT
Self-Help Anxiety Management (SAM)
Mindshift CBT
PTSD Coach Canada
CBT-i Coach (for insomnia)
CBT Tools for Healthy Living
Stop Panic & Anxiety Self-Help
Depression CBT Self-Help Guide
MoodTools - Depression Aid
Pacifica
My3app- Safety planning

Mindfulness Meditation:

Headspace
Simple Habit
Calm
Centre for Mindfulness Studies (CMS)
Stop, Breathe, & Think: OMG, I Can
Meditatel
UCLA Mindful
Waking up by Sam Harris
Insight Timer (70,000 free guided meditations)
10 Percent Happier