

Mental Health Resource Guide

A list of free/low-cost crisis and mental health
resources and supports across the GTA.



Crisis Resources for Clients

Distress Centres of Greater Toronto

English Helpline: 905-459-7777

Mon-Fri 24/7 (Brampton & Mississauga)

Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi and Urdu Helplines: 905-459-7777

10 am - 10 pm Mon-Fri (Brampton & Mississauga)

Canada Suicide Prevention Service

Phone: 1-833-456-4566 (24/7)

Text: 45645 (4 pm - 12 am)

Good2Talk

*For post-secondary students

1-866-925-5454 (24 hrs)

COAST Peel (Crisis Outreach & Support Team)

905-278-9036 or 1-888-811-2222

Trillium Crisis Intervention Team

905-278-9036 (24/7)

Kids Help Phone

Phone: 1-800-668-6868 (24 hrs)

Text: 686868 (Youth) or 741741 (Adults)

EveryMind Mental Health Services

416-410-8615 (24 hrs) | (Up to age 25)

Reach Out Centre for Kids (ROCK)

905-878-9785 (Up to age 17)

Victim Services of Peel

1-800-810-0180 (Domestic violence/sexual assault crisis line)

Assaulted Women's Helpline

416-863-0511 or 1-800-863-0511 (Toll-Free)

Peel Crisis Capacity Network

*For individuals with a developmental disability/dual diagnosis

905-273-4900 (9 am to 5 am, Mon - Fri)

905-278-9036 (*After hours service)

Trans Lifeline (Canada)

1-877-330-6366

9-8-8: Suicide Crisis Helpline

Phone or Text: 9-8-8 (Toll-Free)

Support is available 24/7

Hope For Wellness | *serves Indigenous Peoples

Phone: 1-855-242-3310

Text the online chat here: <https://hopeforwellness.ca>

Alternative Free/Low-Cost Counselling Services

Affordable Therapy Network

*low cost/sliding scale

<https://affordabletherapynetwork.com>

Family Services Peel | *sliding scale

<https://fspeel.org/>

Catholic Family Services Peel Dufferin | *sliding scale

Intake: 905-450-1608 Ext. 112

<https://cfspd.com/>

Support & Growth | *sliding scale

1-800-557-3096

<https://supportandgrowth.com/>

One Link | *sliding scale

<https://one-link.ca/referrals/standard-referral-form/>

Toronto Centre for Applied Buddhism

<http://appliedbuddhism.ca/>

CMHA | *sliding scale

Intake: 905-451-2123 or 1-877-451-2123

<https://cmhapeeldufferin.ca/types-programs-services/referral-information-and-support/>

WellCan (Morneau Shepell)

<https://wellcan.ca/>

Where to Start | *serves youth up to age 25

<https://wheretostart.ca/>

**Women's College Hospital
Reproductive Life Stages Program**

*Doctor or midwife referral needed

<https://www.womenscollegehospital.ca/ca-re-programs/mental-health/rls/>

**Women's College Hospital
(Childhood) Trauma Therapy Program**

<https://www.womenscollegehospital.ca/care-programs/mental-health/trauma-therapy-program/>

**Women's College Hospital Women
Recovering From Abuse (WRAP)**

*Prior therapy related to trauma or abuse and prior group therapy experience is required

<https://www.womenscollegehospital.ca/care-programs/mental-health/trauma-therapy-program/>

Women's College Hospital General Psychiatry

<https://www.womenscollegehospital.ca/care-programs/mental-health/general-psychiatry-program/>

Breaking Free Online | *substance use recovery

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

Mind Beacon

<https://www.mindbeacon.com/compare-our-services>

AbiliCBT

<https://ontario.abiliticbt.com/home>

BounceBack (CMHA)

<https://bouncebackontario.ca/>

Gerstein Centre Crisis Line

416 929-5200

Aberfoyle Health Centre | *physician referral

416-231-7968

Abrigo Centre | *self-referral

416-534-3434 (same-day service for initial appointment)

Catholic Family Services | *self-referral

**Sliding scale (pay what you can)

Central Toronto: 416-921-1163

North Toronto: 416-222-0048

Centre for Men and Families | *self-referral

647-479-9611 or 1-844-900-2263 (Toll-Free)

Christian Counselling Services | *self-referral

**Sliding scale based on household income

416-489-3350

Family Service Toronto | *self-referral

**Fees charged on a sliding scale, based on total household income before tax and family size.

416-595-9618 (same-day single session phone counselling)

General Practitioner (GP) Psychotherapy | *self-referral

**An online directory of GPs accepting new clients

[http://www.mdpac.ca/cgi/page.cgi/
Public/find-a-psychotherapist.html](http://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html)

Jewish Family and Child Service | *self-referral

**Subsidies are available to those who qualify
(No religious affiliation)

4600 Bathurst St (Toronto, ON): **416-638-7800**

365 Bloor St East (Toronto, ON): **416-638-7800**

9600 Bathurst St (Vaughan, ON): **416-638-7800**

Weekend/After-Hours Line: **1-800-404-1393**

Medical Clinic for Person-Centred Psychotherapy | *self-referral

**Interpersonal group therapy

416-229-2399

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

Mennonite New Life Centre | *self-referral

647-812-1332

info@mnlct.org

Stella's Place | *self-referral

416-461-2345

TS Medical Centre | *self-referral

416-901-9020 Ext. 20 or **contact therapist directly**

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

TPS&I (Toronto Psychoanalytic Society & Institute | *self-referral

**MDs are OHIP-covered

<https://torontopsychanalysis.com/finding-therapy/>
(Contact therapist directly)

Woodgreen Community Services | *self-referral

**Walk-in counselling available (Tues & Wed evening)

416-645-6000

Mental Health Apps

Bearable (for Apple and Android)

Keep track of your Mood, Symptoms, Daily Activities and other health factors such as Sleep, Medication, Exercise and Food Diary. You can even automatically sync your steps, heart rate, blood pressure, weight, and more. Free, further analysis.

AbilitiCBT

An internet-based cognitive behavioural therapy (iCBT) program that you can access from any device, any time. Cognitive behavioural therapy is one of the most effective forms of therapy. It works by helping you understand and change the thoughts, feelings, and behaviours that are causing you problems.

Our AbilitiCBT offering includes a special program to help you address anxiety symptoms related to the uniquely challenging aspects of pandemics: uncertainty, isolation, caring for family and community members, information overload and stress management.

Mental Health Apps

Finch

Is self-care a chore? Struggling with habits, self-love, or depression? Self-care finally feels rewarding, lightweight, and fun with Finch. Complete quick self-care exercises to grow your pet, earn rewards, and improve mental health! People who struggle with mood journaling, habits, and depression found it easier to be mindful with their self-care pet in Finch!

Worry Dolls

Do you need to tell your worries? Worry Dolls gives you a small doll who is ready to listen to what is worrying you. Tell your worry to the doll, then track it over time. You can use Worry Dolls like a journal to help you overcome anxiety and stress. When your worry is finished, tell the doll it does not need to worry anymore. Then look back at your old worries to bring you a sense of calm.

21 Days Challenge App

Starting a healthy lifestyle, taking a break away from the internet, practicing gratitude, trying to be more productive, simple practices to find happiness in your life, self-help, how to study effectively, ways to spread kindness and positivity, tips for fixing your sleeping schedule, self-care practices, journal prompts and daily positive affirmations are some of the challenges that you can find in the app. Choose the best challenge for you (or create your own) and do it for 21 days and you're going to see how the habit becomes part of your lifestyle day by day.

*This Mental Health Resource Guide is shared strictly for informational purposes. Please note that all information has been cited from external sources. Therefore, access to services, wait times, and other details may be outdated, invalid, or no longer active.



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LAMPCHC.ORG

SCAN ME

