

Counselling Services

Due to COVID-19, many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website, for additional information.

RESOURCE	CONTACT
Canterbury Clinic	416-961-8282
COSTI Immigrant Services (\$)	416-244-7714
Davenport-Perth Neighbourhood and Community Health Centre	416-652-466
Family Service Toronto Walk-In Counselling (Virtual Counselling)	416-595-9618
Hong Fook (Walk-In Virtual Youth Counselling)	647-619-9030 counselling@hongfook.ca
MindBeacon (free online CBT)	www.info.mindbeacon.com/btn542
Skylark (Youth Counselling)	416-482-0081, press 5 416-482-0081, press 6
TeleCBT (OHIP covered therapy)	www.teleCBT.ca/OHIP *Complete online form to set up appointment
Tropicana Community Services	416-439-9009
Unison Health & Community Services	416-645-7575 ext. 2050 amanda.costa@unisonhcs.org
What's Up Walk-in (26 and under)	1-866-585-MHTO (6486)
Woodgreen Community Services Counselling Services	416-645-6000 ext.1990
Yonge Street Mission (Ages 16-24)	416-929-9614 ext. 2269
Yonge Street Mission (Ages 25+)	416-355-3568
Yorktown Family Services (Tele-counselling)	416-699-3521
Youthdale Treatment Centre (outpatient services ages 6-19)	416-363-3751 ext. 2000

This brief guide is intended to provide health information. It does not imply recommendation of any treatment and should not be substituted for the advice of a health care provider.