

Durham Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
Carea Community Health Centre	Ajax (905-428-1212) Oshawa (905-723-0036) http://careachc.ca/Clinical-Services/Counselling	Indiv., couples, & family counselling. Also offer group counselling, and Aboriginal counselling & health promotion	All welcome.	No cost.	Less than a month
Catholic Family Services	Oshawa (905-725-3513) Ajax (905-428-1984) Port Perry (905-985-4221) www.cfsdurham.com/english/counselling_program.html	Indiv., couples, & family counselling. Intake process done in-person at the Oshawa office (Thursdays from 9am-3pm & last Tuesday of each month from 4-6:30pm)	All welcome.	Sliding scale fee.	4-5 months, can attend walk-in once/month while on the waitlist
Community Care Durham	Ajax/Pickering: Bayly St (Pickering, 905-837-0017) Oshawa/Whitby: Sunray St (Whitby, 905-668-6223) communitycaredurham.on.ca/	Indiv. counselling not available. Offer mental health support groups, adult day program, seniors support, caregiver relief/support.	All welcome.	No cost.	Wait varies by location and group.
Durham Mental Health Services	Whitby (519 Brock Street South) Tel: 905-666-0831 dmhs.ca/	Mental health crisis services, family support, case management, advocacy, justice, consumer survivor initiatives, senior support, & residential support	Ages 16+	No cost.	Dependent on program.
Family Services Durham	Whitby, Ajax, Beaverton, Bowmanville, Cannington, Oshawa, Sunderland, Port Perry, Uxbridge Tel: 905-666-6240 x.1 or 1-866-840-6697 x.1 www.durham.ca/en/living-here/counselling.aspx	Indiv. counselling (up to 12 sessions)	People who live/work in Durham	Sliding scale fee.	5-6 months
GP-Psychotherapy	Locations across Ontario https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients: Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
Jeff Packer MSW & Associates	Oshawa (58 Rossland Rd W., Suite 211) Tel: 905-571-7441 Email: susan@jeffpacker.com jeffpacker.com/food-4-thought	Food 4 Thought Thursdays - up to 4 free counselling sessions, between 10am-6pm. Free workshops throughout the year (Thurs. 6:30-8:30pm)	All welcome.	No cost (or donation of non-perishable food item)	

Other Mental Health Resources for Durham Region

Telephone & Mobile Mental Health Crisis Support (24-hr)	Distress Centre Durham www.distresscentredurham.com Crisis Access Linkage Line (C.A.L.L.) (Mobile crisis support, available Mon to Fri, 10am to 8pm)	905-430-2522; Toll-free: 1-800-452-0688 http://dmhs.ca/cause/crisis-response/ 905-666-0483; Toll-free: 1-800-742-1890
Search Tools	<ul style="list-style-type: none"> Durham Central Intake (Call between Mon to Thurs, 9am to 8pm, for access to mental health services in Durham) Health Line, Durham Region: http://www.centraleasthealthline.ca/ ementalhealth.ca – Canada-wide directory; Also provides general mental health info Durham Region – General mental health info & service info - https://www.durham.ca/en/health-and-wellness/mental-health.aspx Durham Region – Social Services - https://www.durham.ca/en/regional-government/social-services.aspx 	1-888-454-6275