

Free/Minimal Cost Counselling Services			*self-referral unless otherwise noted	
Organization	Contact Information	Service Details	Population	Wait-time
519 Church St. Community Centre	Church/Wellesley www.The519.org 416-392-6878 x 4000	Brief trauma-informed indiv. counselling, 6 sessions Operated by volunteer counsellors, with professional training and supervision	LGBTQ community	2-4 months
Aberfoyle Health Centre	(416) 231-7968 1 Eva Road, Etobicoke	Ongoing indiv. counselling; psychotherapy & psychiatry available, incl. ADHD specialist <i>Physician referral required.</i>	All welcome. No catchment.	3-6 months
Abrigo Centre	1645 Dufferin Street (Dufferin/St. Clair) 416-534-3434 http://www.abrigo.ca/	Offer numerous services to English and Portuguese speaking individuals, including indiv. counselling Open intake by phone or drop-in service for counselling, Mon to Fri, 1-3pm	All welcome. Some Portuguese-specific services	Same day for initial appt.
Anishnawbe Health Centre	www.aht.ca Jarvis/Gerrard (416-920-2605) Yonge/Charles – <i>previously Vaughan Rd</i> (416-657-0379)	Gerrard site: Indiv. counselling (western & traditional approaches) Charles site: 20 week day treatment for mental health & addictions	Aboriginal peoples	Wait time variable.
Catholic Family Services	www.cfstoronto.com Central (Yonge/Summerhill): 416-921-1163 North (Don Mills/Sheppard): 416-222-0048	Individual, Family, Couples Counselling Also offer walk-in counselling, numerous groups, violence against women services, & wellness programming **Sliding scale fee (whatever you can pay)	All welcome. English & Spanish avail. (Central Office only)	2-3 mos (10 mos for evening appts) <i>Can access walk-in once/month while on wait list</i>
Centre for Men and Families	Carlton/Sherbourne 647-479-9611 or 1-844-900-CCMF (2263) menandfamilies.org/toronto/	Individual counselling Also offer peer support group, mindfulness, parenting, domestic abuse & trauma support	All welcome for indiv. therapy	2-6 weeks for indiv. therapy
Christian Counselling Services	Yonge/Carleton 416-489-3350 icci@on.aibn.com christiancounsellingservices.com/	Indiv., couples, & family counselling No specific limit to # of sessions Accept third-party insurance benefits Senior counsellors: \$75+; Intern counsellors: \$0+	All welcome. No religious affiliation necessary.	1-2 weeks (Calls returned in 3 business days)
COSTI Immigrant Services	Sheridan Mall, 416-244-7714 Vaughan Centre, 905-669-5627 (only offer English & Italian at this location) costi.org/programs/family.php	Indiv. & family counselling Also: psychiatry, women's support group for depression; violence against women support, PAR program **Sliding scale fee.	All welcome. Languages: Spanish, English, Italian	English: 7-8 mos Spanish & Italian: 8-9 mos Psychiatry: internal referrals only
Family Service Toronto	416-595-9618 familyservicetoronto.org • Central Office: 355 Church Street • Bloor/Dufferin (128a Sterling Rd) • Etobicoke: LAMP & Rexdale CHCs • Scarborough: Victoria Park Hub	Indiv., couples, & family counselling Short-term, solution-focused sessions Also offer: LGBTQ (David Kelley services at Central Office), violence against women (VAW), trauma, seniors services **Services not offered at all locations **Sliding scale fee. No cost for VAW & seniors services.	All welcome. Languages: Farsi, Tamil, Spanish, French & English (call for locations)	Closed for Toronto, LGBTQ, & trauma services (<i>should open in May 2020</i>) Etobicoke & Scarborough: 2-3 mos
GP-Psychotherapy	Locations across Ontario www.mdpc.ca/cgi/page.cgi/Public/fin-d-a-psychotherapist.html	Online search directory of GP psychotherapists who are currently accepting new patients: Contact GP psychotherapist directly to inquire	All welcome.	Dependent on each therapist

Free/Minimal Cost Counselling Services			*self-referral unless otherwise noted	
Organization	Contact Information	Service Details	Population	Wait-time
Jewish Family and Child	416-638-7800 x.6234 www.jfandcs.com 3 Locations: Bloor/Spadina, Bathurst/Sheppard, Bathurst/Rutherford	Indiv., couples, & family counselling – incl. CBT Also offer CBT service (CBT-trained counsellors) Also offer groups & workshops **Sliding scale fee (whatever you can pay)	All welcome. No religious affiliation	Downtown: 5 mos Central: 3 mos North: variable
Medical Clinic for Person-Centred Psychotherapy	North York: 265 Yorkland Blvd. 416-229-2399 www.medicalpsychclinic.org	GP-Psychotherapy (indiv. & group) Physician referral required	All welcome.	Up to 6 weeks for intake, no guarantee for acceptance
Mennonite New Life Centre	Queen E/Kingston Rd: 416-699-4527 Keele/Wilson: 647-776-2057 Victoria Park/Finch: 416-291-3248 mnlct.org/mentalhealth/	Individual counselling; settlement support services Also offer anger management (indiv. & group, low-cost), trauma-focused, & other group programming	Languages: English, Spanish, Farsi, Turkish, Arabic	Typically short wait list, based on urgency, language & location
Polycultural Immigrant & Community Services	Bloor/Islington (Etobicoke) 416-233-0055 ext. 1237 Sheridan Centre (Mississauga) 905-403-8860 ext. 5253 www.polycultural.org/what-we-do/health-and-wellness/crisis-counselling	Short-term counselling services for children, youth, and adults. Also offer variety of social services (resettlement & refugee, family violence & addiction, women's & family wellness, employment, youth services)	All welcome.	No wait time currently.
Stella's Place	Queen/Spadina 416-461-2345 stellasplace.ca/ Self-referral, you must attend intake: Thursdays at 3pm (1 st come 1 st serve)	Individual counselling & groups (DBT, WRAP, LGBTQ), peer support, & walk-in counselling (Tu & Thurs, 3-5pm) Also offer drop-in programs and registered groups: art group, yoga, running, etc	Young Adults (age 16-29)	6 months for indiv. therapy
TPS&I (Toronto Psychoanalytic Society & Institute)	Locations across Toronto torontopsyoanalysis.com/finding-therapy/ Contact therapist directly.	Individual therapy, using psychoanalytic approach For more information on psychoanalytic psychotherapy, visit their website Dependent on professional. MDs are OHIP-covered.	All welcome.	Dependent on each therapist.
TS Medical Centre	Bloor/Bathurst (692 Euclid Ave) 416-901-9020 ext. 20, or contact therapist directly www.tsmedicalcentre.com	Individual, couples, and group therapy options with different mental health professionals – includes GP-psychotherapists (OHIP-covered MDs are OHIP-covered.)	All welcome.	Dependent on each therapist.
Women's Health in Women's Hands	Yonge/Carlton 416-593-7655 ext. 7 info@whiwh.com www.whiwh.com/mental-health-services	Individual therapy: up to 15 weekly sessions Priority to: HIV+ women, pre/post-natal (1-yr), ages 16-25, & transgendered. Also offer various groups	Racialized women	Priority: 2-3 mos Other: 6-8 mos
Woodgreen Community Services	Pape/Danforth 416-572-3575 www.woodgreen.org	Individual counselling services, groups are offered periodically (you can ask when completing intake) Also offer walk-in counselling (Tues & Wed evening)	All welcome	6-8 months

Reduced-Cost Sliding Scale Counselling Services					*self-referral unless otherwise noted
Organization	Contact Information	Service Details	Population	Cost	Wait-time
Affordable Therapy Network of Toronto	www.affordabletherapytoronto.com Locations across Toronto	List of therapists that offer therapy at a reduced cost. <i>**Note that some are students, so double check if your benefits will cover them.</i>	All welcome.	Sliding scale, as low as \$65/session	Dependent on therapist.
Centre for Interpersonal Relationships	Bay/College 1-855-779-2347 cfir.ca/LowFeeServices.php Self-referral	Low-cost individual, couple, and family counselling with doctoral student counsellors Also offer psychological services for children and adolescents	All welcome	\$60-\$80 /session	None.
Centre for Training in Psychotherapy	Locations across Toronto. 416-964-7919 http://ctp.net/ctp-referral-service/	Low-cost therapy with psychotherapy student (with regular supervision). Call to arrange meeting with faculty member & be matched with student therapist.	All welcome.	\$45/session	Dependent on therapist.
Gestalt Student Clinic	Gerrard/Parliament (417 Parliament St.) 416-964-9464 ext.18 gestalt.on.ca/low-cost-therapy-clinic/ Also private offices in Toronto, Port Credit, Burlington, & York Region	Student therapists (min 4 yrs of training, some registered w CRPO & can accept insurance) 1 yr – guaranteed at \$40, then renegotiate rate Visit website for more info on Gestalt approach	All welcome. 13 languages	Student therapist: \$40/session	1-2 weeks
Hard Feelings	Bloor/Ossington 416-792-4393 www.hardfeelings.org/	Group of private therapists offering low-cost therapy to those with limited capacity to pay. 10-12 sessions.	Ages 18+	\$50-80/hr session	Check website for available therapists.
The Living Institute Student Clinic	416-515-0404 livinginstitute.org/living-institute-student-clinic Toronto, Mississauga, Hamilton	Holistic Experiential Process Method (HEP). An existential, psychodynamic, transpersonal and body oriented approach to psychotherapy	All welcome.	Sliding scale fee.	Calls returned within 24 hrs,
OISE Psychology Clinic	252 Bloor St. W (Bloor/St. George) 416-978-0620 www.oise.utoronto.ca/psychservices/	Masters and phd level students - \$100/session, offer a sliding scale down to \$0 if need (assessed by the clinical director)	All welcome.	\$100/hr session, (sliding scale fee available)	Intake is open every September
Ontario Psychotherapy and Counselling Referral Network	Bloor/Spadina 416-920-WELL (9355) referrals.psychotherapyandcounseling.ca/toronto-psychotherapist-counselor	Student therapists (4 th & 5 th yr) – psychodynamic approach primarily - Free 1 st time consultation <i>Include that you want low-cost student option in self-referral</i>	All welcome.	Sliding scale; Student therapist: \$20-45/hr	Varies, call directly to inquire
Toronto Institute for Relational Psychotherapy	Locations across Toronto www.tirp-lowcost-therapy.ca Contact therapist directly & say that you found them on TIRP website and you are looking for low-cost therapy.	Individual and couple counselling For more information on relational therapy, visit their website	All welcome.	Student therapist: \$25, Senior/couples therapist: \$40-80	Dependent on each therapist.
Inkblot Therapy	InkblotTherapy.com - Online video counselling with registered psychotherapists Matched to therapist based on needs/concerns. **Most insurance plans are accepted		Cost: \$37.50/30 min. session (1 st session is free);		Minimal wait, depending on your availability
BEACON Digital Therapy	mindbeacon.com – Therapist-assisted online CBT – Can include psychological assessment, up to 12 weeks of access to CBT resources and online messaging with therapist, as well as unlimited access to resources for a year		Cost: Various options; Covered by some employers/insurance providers		Immediate access

Community Health Centres that offer counselling to external clients (all catchment-based & OHIP-covered) – Catchment map: bit.ly/SCOPE_CHC

Name	Contact Information	Service Details	Catchment	Wait-time
Black Creek CHC	Sheridan Mall (Jane/Wilson) Yorkgate (Jane/Finch) Tel: 416-249-8000 https://www.bcchc.com/services/mental-health-counselling/	Individual counselling and case management services Self-referral, drop-in to fill out application (with proof of address) or complete online form to initiate contact	Humber River to Keele, Steeles to Wilson	1-3 weeks at both locations
Davenport-Perth	1900 Davenport Road (near Symington Ave) Intake: 416-652-4366 http://dpnchc.com/health/counseling-services/	Individual counselling and case management Also offer various group programs (including DBT skills group & mindfulness-based relapse prevention for addiction group)	Bloor St. to Old City Limits/St. Clair Ave, Railway lines to Bathurst St.	1-2 months
LAMP CHC	Birmingham/Fifth St. – Etobicoke Tel: 416-252-6471 (Social Worker x. 235) https://lampchc.org/programs-services/clinical-health-services/mental-health-support/	Drop in hours: Monday 1-3:30pm Short-term counselling (8-12 sessions) & case management, referral to other services if needed <i>Also the site for a counselor from Family Service Toronto (Call 416-595-9618).</i>	The Queensway to Lake Ontario, Etobicoke Creek to Humber Bay Bridge	Can access drop-in initially; or call to self-refer (1-3 month wait)
Parkdale Queen West CHC	Parkdale: Queen/Dufferin (416-537-2455) Queen West: Queen/Bathurst (416-703-8482 x.2100) Satellite: Queen/Roncesvalles (416-537-8222) pqwchc.org/	Individual counselling (6-12 sessions typically) Also offer peer support & groups (incl. post-partum, fathers drop-in, anger management) Priority for marginalized, low-income/social assistance/ no insurance coverage, newcomers, precariously housed.	Parkside Dr to Yonge St., Bloor to Lakefront *No catchment for postpartum service	1 week to 1 month
Regent Park CHC	Dundas/Parliament Tel: 416-203-4506 www.regentparkchc.org/social-work-and-community-health-work	Counselling, long- and short-term case management, and advocacy Priority to low-income & precariously housed, limited access to other services	Housed Clients: King to Gerrard, Sherbourne to Don River Homeless Clients: Lake Ontario to Bloor, Yonge Street to Don River	2-3 months
Rexdale CHC	Kipling/Rexdale Tel: 416-744-0066 x.2 http://www.rexdalechc.com/programs/programs-for-adults/counselling	Counselling and case management services <i>Also the site for a counselor from Family Service Toronto (Call 416-595-9618).</i>	Hwy 427 to Humber River, Steeles to Dixon Rd	3-4 months
Stonegate CHC	The Queensway/Park Lawn Rd Tel: 416-231-7070 www.stonegatechc.org/programs-services/health-services/counselling-services.html	Individual, couple, and family counselling and case management services Also offer group services Self-referral, complete: Request for Services Form	Kipling to Humber River, Gardiner Expwy to Eglinton	3-4 weeks
Unison CHC: WestReach	Jane/Trethaway Tel: 416-645-7575 Ext. 2050 https://unisonhcs.org/service/westreach/	8-10 individual counseling sessions as well as group sessions for individuals living with a mental illness or substance use concerns. Physician referral preferred, but can self-refer.	For residents of the Rockcliffe-Smythe and Mount Dennis neighbourhoods.	2 months
Vibrant Healthcare Alliance	<i>(Previously Anne Johnston Health Station)</i> Yonge/Montgomery Tel: 416-486-8666 https://www.vibranthealthcare.ca/social-workers/	Individual, couples, & family counselling and case management for youth (13-29), seniors (55+) & people with spinal cord injuries	Highway 401 to Bloor Street and Bathurst Avenue to Bayview Avenue People with physical disabilities: City of Toronto	6 to 8 weeks