This document is an attempt to gather information about affordable mental health programs and resources in the Toronto area. Updated: May 25, 2026

PLEASE NOTE - the existing resources need to be double checked to see if they are still offering free / low cost services. Please check the website links. Feel free to add comments to this document if you notice anything in need of updating!

If you would like to request an edit or addition to this document, please use the “Suggestion” tool.

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Emergency Helplines

Kids Help Phone - 1 800 668 6868 - 24/7, free, national, bilingual, telephone / online / text services
https://kidshelpphone.ca/ or **text** “CONNECT” to 686868

Trans Lifeline Canada - 877-330-6366 from Monday to Friday, 1 PM – 9 PM EST
https://www.translifeline.org/

LGBT Youthline - 1-800-268-9688 or **text** 647-964-4275 from Sunday to Friday, 4 PM – 9:30PM EST - online chat - email
http://www.youthline.ca/

Toronto Distress Centre - 416-408-HELP (4357) - info@TorontoDistressCentre.com
http://www.torontodistresscentre.com/
The Distress Centre offers 24/7 emotional support, crisis intervention, suicide prevention and can connect you to emergency help when necessary. 151 languages and has interpreter service.

Connex Ontario: anonymous and confidential helplines for Addiction, Mental Health, and Problem Gambling Treatment Services - 1-866-531-2600 - https://www.connexontario.ca/

Toronto Rape Crisis Centre/Multicultural Women Against Rape - 416-597-8808 24/7 Crisis Line
Text (to the above number) or web chat available Wednesdays to Fridays, 6pm to 12 AM
Email: info@trccmwar.ca or crisis@trccmwar.ca
Website: https://trccmwar.ca/ / http://www.sexualassaultsupport.ca/

Assaulted Women’s Help Line - 416-863-0511 / Toll Free: 1-866-863-0511
awh@io.org - http://www.awhl.org/
Free, anonymous and confidential 24-hour telephone and TTY crisis telephone line to all women in the province of Ontario who have experienced any form of abuse.

Gerstein Crisis Centre - 416-929-5200 - 100 Charles Street East - admin@gersteincentre.org
Provides crisis intervention to adults living in the City of Toronto who experience mental health problems. The service has three aspects: telephone support, community visits and a ten-bed, short-stay residence. All three aspects of the service are accessed through the crisis line.
https://gersteincentre.org/our-crisis-services/

The Scarborough Hospital Mobile Crisis Program - 416-495-2891
Telephone crisis response service for adults in Scarborough and East York

Ontario Victim Support Line - 1-888-579-2888 for 24/7 call support - chat online available Monday to Friday from 7 a.m. to 9 p.m. EST through the link below.
https://victimsupportdirectory.ca/

Emergency Centres

List of Distress and Crisis Centres across Ontario - https://www.dcontario.org/locations/

CAMH Emergency Services
250 College St, Toronto, ON M5T 1R8 / 416-979-6885
Please use this resource with caution. Despite being a widely used resource, there have been negative accounts and experiences from people who have used it.

Toronto Western Hospital
399 Bathurst St, Toronto, ON M5T 2S8 / 416-603-2581
Free 24 hour service with most services offered by self referral. A healthcard may be required.

St. Michael's Hospital
30 Bond St, Toronto, ON M5B 1W8 / 416-860-4000
No referral required. For individuals 18 or over experiencing mental health or addiction crises. They offer crisis management, psychiatric and medical assessments.

St. Joseph's MHESU (Mental Health Emergency Service Unit) / 30 The Queensway
Toronto, Ontario / Phone: 416-530-6000 ext. 6710
https://stjoestoronto.ca/areas-of-care/emergency-department/

Emergency Shelter

Central Intake for the GTA: 416-338-4766; Toll Free 1-877-338-3398

Comprehensive list of shelters with direct admission:
http://www.toronto.ca/housing/guidetoservices/shelters.htm

Gerstein Centre - 416-929-5200 - admin@gersteincentre.org - 100 Charles Street East
https://gersteincentre.org/our-crisis-services/mobile-crisis-team/
Provides mobile team visits to adults living in the City of Toronto who experience mental health problems. The service has three aspects: telephone support, community visits and a ten-bed, short-stay residence. All three aspects of the service are accessed through the crisis line.

Free / Low Cost Outpatient Services

Programs that provide therapy and other mental health services. Outpatient means a patient who receives treatment without being admitted to a hospital. Please note that some of these services can be hard to access and may have long waitlists.

Hospitals: Many hospitals offer OHIP-covered mental health services through their psychiatry departments. Ask a family doctor for information, eligibility requirements, and referrals.

Community Health Centres (CHC): Some CHCs in the Greater Toronto Area provide free counselling services to individuals who live within their service area (also known as a "catchment"). Find your local CHC: https://goo.gl/5mNnKP

Services that help connect you to programs:

Connex Ontario http://www.connexontario.ca/
Offers non-judgmental listening, support and information about counselling and other services in your community. They do not provide counselling over the phone. Their job is to provide information about services where you live.

Access CAMH - Call (416) 535-8501 and select option 2.
For mental health and addictions information, eligibility requirements and instructions on making a referral to CAMH. http://www.camh.ca/en/hospital/referrals_to_camh/pages/referrals-to-camh.aspx
NOTE: there have been reported experiences at this clinic that have been very negative, please approach with caution

Access Point: APPLY ONLINE! http://theaccesspoint.ca/
A centralized point where you can apply to be added to a waitlist for mental health, addictions and / or supportive housing services. Average wait times are posted on the website.

Individual & Mixed Programs

519 Community Center Counselling Services - 416-392-6874 - info@the519.org
http://www.the519.org/programs/category/counselling-services
Free short-term counselling for individuals and couples over the age of 16. Services are driven by a team of supervised volunteer counsellors with training and experience in mental health and

psychotherapy. Services prioritize the experiences and support needs of LGBTQ2S people. They can also make referrals to other services.

Barbra Schlifer Commemorative Clinic: https://www.schliferclinic.com/ - 489 College Street, Suite 503 (416) 323-9149 ext. 234; Barbra Schlifer offers no-cost group and individual counselling as well as legal and interpretation services to women who have experienced violence.

Catholic Family Service Toronto: Various locations; (416) 921-1163 (Central Toronto); (416) 222-0048 (North Toronto); Catholic Family Service Toronto provides sliding-scale individual, family, couple, and group therapy to people of all backgrounds – clients need not be Catholic. No one is turned away for inability to pay.

Center for Training in Psychotherapy (CTP)
ctptherapyreferralservice@gmail.com / http://ctp.net/ctp-referral-service/
Therapists in Training, who are near completion of their CTP training, are able to offer psychotherapy at a reduced fee. Case work is supervised on a regular basis by CTP faculty members.

Family Service Toronto: Various locations; (416) 595-9618
https://familyservicetoronto.org/our-services/programs-and-services/counselling/
Family Service Toronto provides sliding-scale individual, family, couple, and group therapy for a range of issues including trauma therapy.

North York General Hospital, Mental Health Program - 416-756-6655
https://www.nygh.on.ca/care-service/mental-health/
NYGH provides services including crisis intervention, inpatient care, consultation, acute day hospital, day treatment and community outreach. We provide services for populations with specialized needs including those with serious mental illness, the elderly, and persons with substance abuse problems, those in difficulty with the justice system as a result of mental illness and child/youth populations.

OISE Psychology Clinic - 252 Bloor St. W. - (416)-978-0654
https://www.oise.utoronto.ca/psychology-clinic
Services are provided by graduate students under the supervision of psychologists who are members of the College of Psychologists of Ontario, and registered psychotherapists who are members of the College of Registered Psychotherapists of Ontario. Services are available from September to April/May.

Parkdale Queen West Community Health Centre - 416-703-8482 ext. 2349 (check the link below for sites of operation

Although this is for existing clients of Parkdale Queen West Community Health Centre aged 16+ who do not have access to private counselling services, you may be eligible for the following areas: gender based violence, indigenous counselling/case management, youth case management pregnancy and parenting counselling/case management.

https://pqwchc.org/programs-services/mental-health/mental-health-services/

Scarborough Women's Centre - https://www.scarboroughwomenscentre.ca/counselling/

Offers a free and confidential counselling service that supports women to become economically and emotionally independent. Make an appointment by calling 416-439-7111 or e-mail Carol Soares uwcounsellor@scarboroughwomenscentre.ca

Scarborough Hospital Services - http://www.tsh.to/areas-of-care/mental-health/

Sherbourne Health Center - 416-324-4180

Free counselling and referrals for a variety of issue - no referral necessary to begin assessment. Links to local groups and workshops as well!

http://www.sherbourne.on.ca/programs/mentalhealth-faq.html

NOTE: there have been some reported experiences at this clinic that have been very negative, please approach with caution

WoodGreen Community Services - Counseling

815 Danforth Ave, first floor - (416) 572-3575 - cccentralintake@woodgreen.org

This program offers two types of support: Counselling and Case Management.

- Counselling involves meeting with a counsellor over a set period of time (that the both of you set together) to work on a specific problem or concern. The Counsellor will use different therapeutic methods, such as Cognitive Behavioural therapy (CBT), Solution Focussed, Dialectical Behavioural Therapy (DBT), Narrative, etc, depending on your specific needs and desires. For therapeutic Counselling services, please contact Community Care Central Intake: cccentralintake@woodgreen.org or call (416) 572-3575
- Case Management is a more hands-on, direct service that involves the case manager meeting with you in your home, in the community or in the office. They are able to accompany you to appointments and can help you navigate different systems, such as

housing, legal, health care, etc. Some examples include: helping you apply for ODSP, connecting you to housing workers, finding you a doctor. The goal is to help you build resilience and find resources and supports to meet your needs. For Case Management, referrals can be made directly through Access Point by visiting www.theaccesspoint.ca or by calling 1-888-640-1934

Support Groups / Group Therapy

Mood Disorders Association of Ontario: 36 Eglinton Ave. West, Suite 602
http://www.mooddisorders.ca/programs?field_region_value_many_to_one=Toronto

Sheena's Place - https://sheenasplace.org/ - 416-927-8900 - info@sheenasplace.org
87 Spadina Road, free services and support groups for anyone 17+ affected by eating disorders.

The Centre for Mindfulness Studies - https://www.mindfulnessstudies.com/ - Multiple Locations - (647) 524 6216 - info@mindfulnessstudies.com
Mental health charity that offers Mindfulness-Based Cognitive Therapy (MBCT), Mindfulness-Based Stress Reduction (MBSR), Mindful Self-Compassion (MSC) and other community drop-ins, programs and workshops to learn mindfulness for mental health. Led by healthcare professionals, these programs are partially covered by OHIP, sliding scale and bursaries available.
Wheelchair-accessible.

Walk-In Support

416 Community Support for Women: 416 Dundas St. E.; (416) 928-3334; 416 Community Support for Women is a daytime drop in program for women looking to gain or give support while coping with, isolation, addiction and/or mental health issues and other difficulties. It is open M-F 8:30am-6:00pm and Sat-Sun 8:30am-4:30pm. Basic services include daily breakfast and lunch, weekly food bank, social/recreational programs and life skills training. The centre also offers weekly medical clinics and mental health and addiction case management services on a daily basis.

519 Community Center Counselling Services - 416-392-6874 - info@the519.org
http://www.the519.org/programs/community-counselling
Drop-in counselling sessions are open to any individual over the age of 16 on a first-come, first-served basis on the following dates and times:

Sunday Drop-in (open to LGBTQ2S folks) - Sundays, 1pm – 4pm
Meal Trans (open to trans, non-binary, two-spirit folks) - Tuesdays, 5 – 8pm

Family Service Toronto: Wednesdays, 355 Church St, Toronto
https://familyservicetoronto.org/our-services/programs-and-services/walk-in-clinic/
FREE single-session counselling with a trained counsellor / psychotherapist, open to all persons 18 years of age and older, who live or work in the GTA. No appointment is necessary and no health card or identification is required. Service is offered on a first-come, first served basis and after two appointments returning clients might not be seen, depending upon capacity. If you would like to arrange for ongoing counselling, please call 416-595-9618

Some of the team are able to offer services in other languages; please call (416) 595-0307 ext. 269 to inquire about the times when service is offered in languages other than English.

Stella's Place Walk-in Counselling: Thursdays 2-6pm - https://stellasplace.ca/programs/ - 416-461-2345 - connect@stellasplace.ca
Young adult mental health support programs. Walk-in counselling is Thursdays 2-6pm, Wednesday DBT practice groups, individual counselling and support groups. Some programs are drop-in while some require an in-take process. NOTE: Space is not currently wheel-chair accessible.

WoodGreen Walk-in counselling: Tuesdays & Wednesdays, 4pm - 6:15pm
815 Danforth Ave, first floor - (416) 645-6000 ext.1990 - cccentralintake@woodgreen.org
The WoodGreen Walk-in Counselling Service offers free counselling on Tuesday and Wednesday evenings to address a wide range of concerns. We open at 4:30 p.m. with the latest arrival at 6:15 p.m. No appointment or referral is needed. There are no restrictions to access. Clients are welcome to return for subsequent sessions. Please note that the Walk-in Counselling Service is first-come, first-serve and may reach full capacity before 6:15 pm.
https://www.woodgreen.org/programs/walk-in-counselling-wic

Other Counselling Resources

Scarborough Womens Centre list of resources

Psychotherapy Referral Service (PRS Toronto)

https://prstoronto.com/find-a-therapist/

An online directory that helps you find a qualified, licensed therapist in the Greater Toronto Area. The detailed profiles of therapists can be filtered based on specific needs, such as location, availability, and preference for in-person or online sessions.

Ontario Psychotherapy & Counseling Referral Network

http://referrals.psychotherapyandcounseling.ca/ offers appointments with experienced psychotherapists - offers low cost psychotherapy / sliding scale

Psychology Today: Psychology Today maintains an online directory of therapists all over Canada and the U.S.A., with information about their location, therapy type, experience, insurance coverage etc. http://therapists.psychologytoday.com/rms/prof_search.php

Queer & Kink Friendly Mental Health Resources

These resources are full cost unless specified

Check out this Google doc for a full list of Queer-friendly therapists
https://docs.google.com/spreadsheets/d/1Cbf4sWbkZZf1HhYtrKzENEmWC0Vaz_QeuxUWacNcb50/edit#gid=0

This site also has a list of Queer and Queer-positive resources
http://affectiveconsult.ca/service-users.php

Youthline LGBT Referral Database - http://www.youthline.ca/get-support/referral-database/
Call or IM to narrow your search!

519 list - http://www.the519.org/news/counselling-referrals

Meg Leitold: http://megleitold.com/ - Offers Limited Sliding Scale 416 901 9020 x 320

Tara McKee: www.taramckee.com - Offers some sliding scale, located at All of You Wellness Centre, 179 Carlton St. Experience with: various areas including sex & sexuality, LGBTQ, coming out, kink- and poly-friendly, relationships, anxiety, depression, and personal growth
mckeetara@gmail.com, 416-476-1195

Physical accessibility: My office space has stairs at entrance and 1 flight of stairs to gender-neutral bathroom. I regret there is no wheelchair access at this time. Parking and TTC accessible. Financial accessibility: Regular rate of $100 per session, some sliding scale available based on financial need. Workshops: I regularly teach workshops on sex, and happy to receive requests.

Ali Sauer: $90/h, Offers sliding scale
416.558.4162 therapy.hope@gmail.com
I am a psychotherapist. I practice from an anti-oppressive feminist therapeutic framework using an eclectic blend of modalities drawing from narrative therapy, feminist therapy, cognitive behavioural therapy and other client-centred modalities. I am a non-medical model therapist. I work with individuals and couples.

I am queer-positive, trans-positive, anti-racist, anti-colonial, polyamory-positive, sex-work positive, class-conscious, anti-ableist (though my space isn't, regrettably, it's not accessible), and a feminist.

Marika Henreichs http://www.marikaheinrichs.com/ $120/h limited sliding scale for $70/h - located in Guelph. Offers appointments over Skype as well. 855 720 9799, free 15 min phone consult.
“I work comfortably within a sex positive, harm reduction, anti-racist, queer and trans positive framework and I bring a depth of understanding of trauma and neurobiology to my work.”

Jenna Rose https://jennarosetherapy.com/ $100+HST/h limited sliding scale
Free 15 min phone consult
jenna.rose.therapy@gmail.com
647-216-9555

Therapists That Use ASL

These resources may not be low cost

Dr. Delia Wallis - www.drdeliawallis.ca

Wendy Kirk - www.comingintolife.com

Carrie Cardwell - http://www.carriecardwell.com/

CHS Connect - http://www.chs.ca/services/connect-counselling-services

HALTON / PEEL REGION
http://www.bobrumball.org/programspah.html

Inpatient Care

Inpatient care is the care of patients whose condition requires admission to a hospital. This list is to provide options for people considering this resource.

CAMH Mood and Anxiety Inpatient Unit
http://www.camh.ca/en/hospital/care_program_and_services/mood_and_anxiety_programs/Pages/guide_inpatient_unit.aspx

CAMH Concurrent Addictions Inpatient Treatment Service
http://www.camh.ca/en/hospital/care_program_and_services/addiction_programs/Pages/guide_addiction_dayres_services.aspx

CAMH Women's Inpatient Unit
http://www.camh.ca/en/hospital/care_program_and_services/womens_programs/Pages/womens_programs.aspx

CAMH Inpatient Care - Schizophrenia
http://www.camh.ca/en/hospital/care_program_and_services/schizophrenia_program/Pages/guide_inpatient_care.aspx

St Joseph's Toronto
http://www.stjoestoronto.ca/patient-care-and-services/clinical-programs-and-departments/mental-health/
Acute Adult Mental Health Services includes Mental Health Emergency Services Unit (MHESU), 30 bed General Psychiatry inpatient unit, a 6-bed Psychiatric Intensive Care Unit, and a 6 bed Short Stay Unit. Interprofessional team of psychiatrists, social workers, psychiatric assistants and nurses who work collaboratively with internal and external resources and supports. Provide assessments to children, adolescents, transitional aged youth, adults and seniors who present to the Emergency Department in crisis. A child and youth worker takes the lead on assessments for children and youth when they present.

Mount Sinai
https://www.mountsinai.on.ca/care/psych/patient-programs/inpatient-services

St. Michaels Hospital

http://www.stmichaelshospital.com/programs/mentalhealth/inpatient.php

Adults 18 years and older suffering from a serious mental illness and/or experiencing a crisis. contact 416-864-3088.

Baycrest (Seniors / Geriatric)

http://www.baycrest.org/care/care-programs/inpatient-care/inpatient-psychiatry-program/

The Inpatient Psychiatry Program provides assessment and short term management of mental health issues, by an interdisciplinary team, for adults over the age of 65. OHIP covered.

Harm Reduction Services

This list may be outdated

DOWNTOWN

The Works - Yonge and Dundas - 277 Victoria St. Ground Floor
416 392 0520

DOWNTOWN EAST

2 Spirited People of the 1st Nations - Yonge and Wellesley - 593 Yonge St. Suite 202
416 944 9300

All Saints Church: Community Centre - Dundas and Sherbourne - 315 Dundas St. E
416 368 7768

Elizabeth Fry Toronto (Women Only) - Sherbourne and Wellesley - 215 Wellesley St. E
416 573 7876

Fred Victor Centre - Queen and Jarvis - 145 Queen St. E- 416 364 8288 ext. 317

Hassle Free Clinic - Gerrard and Church - 66 Gerrard St. E, 2nd Floor - 416 922 0566

Maggie's - Gerrard and Parliament - 298A Gerrard St. E, 2nd Floor - 416 964 0150

Ontario Aboriginal HIV/AIDS Strategy (OAHAS) - Yonge and Bloor - 7 Hayden Street, Suite 201
416 944 9481

Regent Park Community Health Centre - Parliament and Dundas - 465 Dundas St. E
416 364 2261

St. Micheal's Hospital (Emergency Dept.) - Victoria and Shuter - 30 Bond St. - 416 864 5094
* 24h needle exchange provided

Sherbourne Health Centre - Sherbourne & Carlton - 333 Sherbourne St. - 416 324 4180

South Riverdale Community Health Centre - Queen and Carlaw - 955 Queen St. E
416 461 1925 ext. 240 // 416 451 1951

Street Health - Dundas and Sherbourne - 338 Dundas St E - 416 921 8668

DOWNTOWN WEST

Breakaway Satellite Clinic - Queen W. and Dufferin - 21 Strickland Ave. - 416 537 9346

CAMH (Center for Addiction and Mental Health) - Spadina and College - 33 Russel Street
416 535 8501 ext. 6019

Davenport-Perth Neighbourhood and Community Health - Davenport and Perth
1900 Davenport Rd. - 416 656 8025

John Howard Society of Toronto - Yonge and Wellesley - 60 Wellesley St. W - 416 925 4386

Parkdale Community Health Centre - Queen W. and Dufferin - 1229 Queen St W - 416 537 2455

Central Toronto Community Health Centre: Queen W. CHC - Queen W. and Bathurst
168 Bathurst St. 416 703 8482 ext. 124

St. Stephen's Community House - College and Augusta - 260 Augusta Ave - 416 964 8747

Sistering (Women Only) - Dufferin and Bloor W. - 962 Bloor St. W - 416 926 9762

Youth Link Inner City - Dufferin and Bloor W. - 7 Vanauley St. - 416 703 3361

WEST TORONTO

Breakaway - Dundas and Hwy. 427 - 2 Billingham Rd. 4th Floor - 416 234 1942

Syme Woolner Neighborhood and Family Center - Caledonia & Eglinton W. - 2468 Eglinton Ave. W
416 766 4634

Weston King Neighborhood Centre - Weston and Lawrence W. - 2017 Weston Rd. - 416-241-9898
Women's Habitat of Etobicoke (Women Only) - Islington and Lakeshore W. - 140 Islington Ave.
416 252 7949

EAST TORONTO

Agincourt Community Services Association - Sheppard and Midland
4155 Sheppard Ave. E, Suite 100 - 416-321-6912

Scarborough Centre for Healthy Communities - Kingston and Markham - 3545 Kingston Rd
416 642 9445

The Scarborough Hospital Addiction Program - Eglinton E. and Kennedy - 2425 Eglinton Ave. E
416 431 8248

NORTH TORONTO

Eva's Satellite (for youth 16-14, 24 hour services) - Yonge and Finch - 25 Canterbury Pl.
416 229 1874

Fred Victor Caledonia Shelter - Caledonia and Lawrence W - 1161 Caledonia Rd - 416-644-1734

Toronto North Support Services - Lawrence E and Don Valley - 132 Railside Rd. Unit #2
416 499 5969

Unison Health and Community Services - Dufferin and Lawrence - 12 Flemington Ed.
416 787 1661

Online & Self Help Resources

Youthline LGBT Resources - http://www.youthline.ca/get-support/links-resources/

Self-Injury Outreach & Support: sioutreach.org is a Canadian website devoted to providing information, coping resources, and personal stories related to self-injury. The website is directed by psychologists specializing in this area, and is recovery-friendly – meaning that efforts are made to ensure the content will not be triggering.

Helpguide.org: http://www.helpguide.org/mental/self_injury.htm provides information to help understand non-suicidal self-harm, as well as coping resources and tips for both self-injurers and people who care about them to aid in talking about the behaviour.

Big White Wall https://www.bigwhitewall.ca / theteam@bigwhitewall.ca
24/7 moderated website offering self-guided courses and tools for self-improvement. Free for all Ontario residents. It provides an anonymous and supportive community and guided programs on a range of concepts including managing anxiety, quitting smoking and coping with depression.

Reset Zone APP - https://www.resetzone.ca. This app provides FREE one-minute video tools to build emotional resilience. It targets specific emotions i.e. fear, anger, anxiety, and the tools are guided by certified wellness practitioners.

Downloadable therapy worksheets and CBT tools
http://www.get.gg/freedownloads2.htm

List of mental health resources
http://www.get.gg/freedownloads4.htm

The Anxiety & Phobia Workbook - Edmund J Bourne
Covers types of anxiety & phobic issues, how to handle a panic attack, coping mechanisms for daily stress, as well as assisting in building a daily schedule to comprehensively overcome these issues (without the necessity of medication - though medications are also covered in the book!)
http://www.amazon.ca/Anxiety-Phobia-Workbook-Edmund-Bourne/dp/1572248912
Also available at Caversham Bookstore

Caversham Bookstore in downtown Toronto

Mental health literature, tons of resources for psychology and self help, etc.

http://www.cavershambooksellers.com/home