

Additional Mental Health Supports

In addition to your short-term individual counselling sessions with us at the East GTA Family Health Team, you may want to try these services for additional support.

- 1) **Try our group programs that are being offered online during COVID-19.**
- 2) **Try accessing mental health benefits through your school or work insurance (if applicable).**
- 3) **Internet-Based Cognitive Behavioural Therapy**

BounceBack
<https://bouncebackontario.ca/>
1-866-345-0224

MindBeacon
<https://info.mindbeacon.com/btn542>

AbilitiCBT
<https://ontario.abiliticbt.com/home>
- 4) **Friendly chat services for people experiencing loneliness or isolation**

Progress Place Warm Line
<http://www.warmline.ca/>
Between 12pm - 8pm, call 416-323-3721
Between 8pm - Midnight, call 416-960-9276
Text and chat also available

Chatting to Wellness (*for seniors only*)
<https://www.chattingtowellness.ca/>
437-702-2025
- 5) **Information and referral services**

ConnexOntario
<https://www.connexontario.ca/en-ca/>
Referrals to mental health and addictions services
Available 24/7 at 1-866-531-2600

311 (Toronto only)
<https://www.toronto.ca/home/311-toronto-at-your-service/>
Access to City of Toronto services, programs and information (including shelters and housing)
Available 24/7, access by calling 311
- 6) **Virtual or phone “walk-in” single session counselling (call or see websites for registration info)**

What’s Up (*for children, youth, and young adults*)
<https://www.whatsupwalkin.ca/>
1-866-585-6486

Family Service Toronto Walk-In Counselling
<https://familyserVICEToronto.org/our-services/programs-and-services/walk-in-clinic/>
416-595-9618

Woodgreen Walk-In Counselling
<https://www.woodgreen.org/services/programs/walk-in-counselling/>
416-645-6000
- 7) **Crisis services (available 24/7 by phone, some text and chat services available)**

Toronto Distress Centre
<https://www.dcoGT.com/>
416-408-4357

Good2Talk Student Helpline (*for post-secondary students*)
<https://good2talk.ca/>
1-866-925-5454

Talk 4 Healing (*for indigenous women*)
<https://www.talk4healing.com/>
1-855-554-HEAL

In an emergency, call 911 or go to the hospital.
- 8) **Grieving/bereavement services**

Bereaved Families of Ontario
<https://www.bfotoronto.ca/>
416-440-0290

Pregnancy and Infant Loss Network
<https://pailnetwork.sunnybrook.ca/>
1-888-303-7245 (PAIL)

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9) Parenting supports

PLEO

<https://www.pleo.on.ca/>

613-321-3211

Support for parents of children and young adults with mental health issues

Toronto Public Health - Parent Resources

<https://www.toronto.ca/community-people/children-parenting/pregnancy-and-parenting/parenting/speech-language-vision-hearing/speech-and-language/parent-resources/>

Call Monday to Friday 8:30 am - 4:30 pm at 416-338-7600

Live chat with a nurse also available

10) Low-cost counselling options

Toronto Institute for Relational Psychotherapy

<https://tirp-lowcost-therapy.ca/>

Affordable Therapy Network

<https://affordabletherapynetwork.com/>

Open Path Psychotherapy Collective

<https://openpathcollective.org/city/toronto/>

Hard Feelings

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

Family Service Toronto

<https://familyservicetoronto.org/>

416-595-9618

11) Additional services

Wellness Together Canada

<https://wellnesstogether.ca/en-CA>

Online courses, individual counselling, and other resources

Togetherall (online community)

<https://togetherall.com/en-ca/>

Free for post-secondary students and armed forces members living in Ontario, may be covered by some private health insurance plans

Village Family Health Team

<http://villagefht.ca/mental-health-and-substance-use-services/>

Mental health webinars

Association of Family Health Teams of Ontario

<https://www.afhto.ca/news-events/news/mental-health-and-wellness-during-covid-19>

COVID-19 specific mental health resources