

PSYCHOTHERAPY RESOURCES (Toronto, Ontario)

The most important factor for successful therapy is the quality of the relationship between you and the therapist.

Therapists' style can vary, a lot. One experience doesn't represent them all. Some therapists will give you a lot of feedback while other therapists will tend to be quieter during sessions, and will let you draw your own conclusions. You can direct therapists in what you prefer, and ask them how they work. If they aren't willing to adapt their style to suit your needs, they may not be the right match. Honestly, it's kind of like dating. By trying it out with different people in a variety of ways you'll find one that works best.

TYPES OF THERAPY

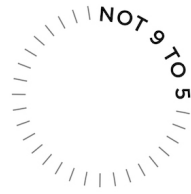
Choosing a type of therapy is different for each person. It depends on your concerns, the approach you feel comfortable with and how long you want to be involved in therapy. Being a certain type of professional (such as a social worker or psychiatrist) doesn't mean that the person will practise a certain type of therapy. In reality, many use a combination of different approaches.

Therapy can be quite different depending on the kind of approach used. Therapy may focus on changing your behaviours or way of thinking about the world. It can focus on understanding difficult situations from the past. Therapy can also be about supporting you through a difficult time.

Who provides psychotherapy and how to get it?

Psychotherapy is provided by a variety of regulated health care workers including psychotherapists, psychologists, social workers, nurses, psychiatrists, general practitioners (GPs) and occupational therapists.

Treatment from a psychiatrist or GP is covered by public health insurance (such as OHIP in Ontario), and will not cost you anything. Other mental health care providers, such as registered psychologists, registered social workers and registered psychotherapists may also be free if they work in government-funded hospitals, clinics, agencies or an employee assistance pro-



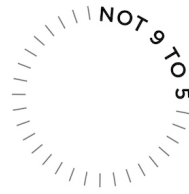
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gram. But if they work in a private practice, their services will not be covered by OHIP, and you may have to pay. If you have an employer-provided or private health insurance plan, part or all of your therapy fees may be covered. Sometimes you can get therapy for a reduced fee when working with a student.

Most clinics accept self-referrals; other may require a referral from a family physician. To submit a claim, insurance companies usually require a physician referral for psychotherapy.

With so many counselling services available, it can be difficult to choose one that will best suit you. Private counselling can be very expensive so we haven't included as many, most of the following listings are either fully or partially covered by OHIP, or offered on a sliding scale that considers your income and financial circumstances.

For additional information, refer to **"Looking for Mental Health Services? What You Need to Know."** (CAMH, 2017).



PSYCHOTHERAPY RESOURCES (Toronto, Ontario)

Organizations and Sites for Finding a Therapist

College of Registered Psychotherapists of Ontario

375 University Ave., Ste. 803, Toronto, ON

www.crpo.ca

1 844 712-1364

416 479-4330

Services offered: Online directory of psychotherapists (To find a therapist, look under “Public,” then “Find a registered psychotherapist” and then click on “Search the public register”)

Findasocialworker.ca

www.findasocialworker.ca

Services offered: Online directory of social workers in private practice in Ontario

Fees: Varies by social worker

Medical Psychotherapy Association Canada (MDPAC)

<https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html>

416 410-6644

Services offered: Website has a “Find a psychotherapist” link that will help you find a physician who practises psychotherapy and is currently accepting clients

Fees: Covered by OHIP

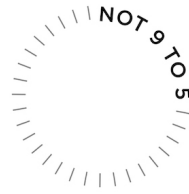
Ontario Society of Psychotherapists

www.psychotherapyontario.org

416 923-4050

Services offered: On their website, click on “Find a Therapist” and then narrow your search by following the drop-down menus to specify what you are looking for

Fees: Varies by psychotherapist



PSYCHOTHERAPY RESOURCES (Toronto, Ontario)

Psychotherapy and Counselling Centre

2340 Dundas St. W., Toronto, ON

905 682-3064 (St. Catharines and Niagara)

416 920-9355 (Toronto and other cities)

Services offered: Help finding a counsellor or psychotherapist in Ontario by filling on their referral form or calling one of their offices

Fees: Varies by psychotherapist

Psychology Today

www.psychologytoday.com/ca/therapists

Services offered: Help finding a therapist, psychiatrist, support group or treatment centre by searching their website

Toronto Region: Community Resources (free or sliding scale)

Aberfoyle Health Centre

100-302 The East Mall, Toronto, ON

416 231-7968

Services offered: Individual counselling with a GP, psychotherapist or psychiatrist Referral: Required by physician (form online)

Fees: Covered by OHIP

Family Service Toronto

128A Sterling Rd., Ste. 202, Toronto, ON

<https://familyservicetoronto.org>

416 595-9618



PSYCHOTHERAPY RESOURCES (Toronto, Ontario)

Services offered: Individual, family and couple counselling; single session walk-in counselling; trauma-specific counselling with specialized programs for male and female survivors of sexual abuse; David Kelley services (a counselling program for the LGBTQ+ community that includes HIV/AIDS counselling)

Eligibility: Programs have specific eligibility criteria, walk in if older than 18. Referral: Self-referral

Fees: Fees are on a sliding scale based on income; walk-in sessions are free Note: Location of services varies by program

Languages: Farsi, Tamil, Spanish, French, English

Gestalt Clinic

Locations across Toronto, Kitchener, Burlington, Port Credit and Stouffville

gestalt.on.ca/low-cost-therapy-clinic

416 964-9464

Services offered: Low cost therapy from students in training who have at least four years of experience

Referral: Self-referral

Fees: \$40 per session

Languages: Cantonese, Croatian, Czech, English, French, Hebrew, Hindi, Italian, Mandarin, Portuguese, Punjabi, Russian, Serbian

Hong Fook Mental Health Association / Toronto Western Hospital

Toronto Western Hospital, 399 Bathurst St., East wing, 9th floor, Toronto, ON

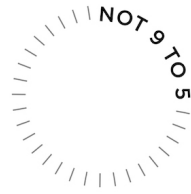
201-3320 Midland Ave., Scarborough, ON

1751 Sheppard Ave. E., North York, ON

<http://hongfook.ca/association/our-services>

416 493-4242

Services offered: 10-week psycho-educational group addressing issues like stress, communication and emotion management; 12-week integrative behavioural group therapy (IGBT) incor-



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porating cognitive-behavioural therapy, acceptance and commitment therapy and mindfulness as the three core elements of intervention

Eligibility: Chinese and Portuguese community

Referral: A doctor or psychiatrist must complete a Toronto Western referral form or the person can be referred by a case manager within Hong Fook or Toronto Western if already a patient; the referral form can be e-mailed or faxed by calling 416 603-5800 ext. 2802 (Cantonese), 416 603-5800 ext. 5423 (Mandarin) or 416 603-5520 (Portuguese).

Languages: Mandarin, Cantonese, Portuguese

Jewish Family & Child Services

4600 Bathurst St., Toronto, ON

www.jfandcs.com/counselling

416 638-7800

Services offered: Groups; workshops; individual, couple and family counselling; cognitive behavioural therapy

Fees: Sliding scale

Medical Clinic for Person-Centered Psychotherapy

265 Yorkland Blvd., Ste. 403, Toronto, ON. Locations across GTA

www.medicalpsychclinic.org

416 229-2399

Services offered: Individual, adult and group psychotherapy provided by GPs; couples therapy provided by a psychiatrist; support group for life management issues

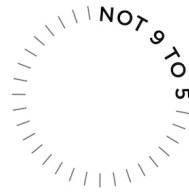
Eligibility: Adults only

Sheena's Place

87 Spadina Rd., Toronto, ON

sheenasplace.org

416 927-8900



PSYCHOTHERAPY RESOURCES (Toronto, Ontario)

Services offered: Support groups, body image groups, skill building groups and expressive arts groups

Eligibility: People age 17 and older, families and friends affected by eating disorders

Referral: No referral or diagnosis required

Fees: All groups are free of charge

Sherbourne Health Centre, Counselling Services

333 Sherbourne St., Toronto, ON

sherbourne.on.ca/counselling-services

416 324-4180 ext. 5310

Services offered: Individual and group counselling for anxiety, depression, sadness, anger, substance abuse, relationship difficulties; family and couples counselling; stress reduction programs

Eligibility: Individuals over 18 with a postal code of "M"; priority populations are people who identify as LGBTQ+, homeless and newcomers

Referral: Self-referral

Fees: Free for clients who cannot afford to obtain mental health counselling services elsewhere; groups and workshops are free unless otherwise stated

Note: Average waitlist is three to six months

S.T.A.R.T. Clinic for Mood & Anxiety Disorders

32 Park Rd., Toronto, ON

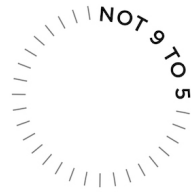
www.startclinic.ca

416 598-9344

Services offered: Specialized outpatient assessment and treatment for people with mood and anxiety disorders, individual and group psychotherapy, mindfulness-based stress reduction for patients of the clinic

Eligibility: People over age 18

Referral: GP referral, self-referral for mindfulness



PSYCHOTHERAPY RESOURCES (Toronto, Ontario)

Fees: Self-referral mindfulness group has a fee that can be adjusted based on sliding scales if taking more than 10 sessions

Toronto Centre for Cognitive Therapy

36 Toronto St., Toronto, ON

<http://cbt.ca/clinic>

416 777-6699

Services offered: Brief and long-term cognitive therapy including their eight-week Sleepy Head program to help with insomnia

Fees: Covered by OHIP

What's Up Walk In Clinic

Phone numbers and locations can be found on their website under "Find a location"

www.whatsupwalkin.ca

Services offered: Free walk-in mental health counselling at six locations across Toronto

Eligibility: Children, youth, young adults and their families

Fees: Free