



COUNSELLING

/ TORONTO

TELEPHONE-BASED COUNSELLING

Adults all ages

Woodgreen - Walk-in counselling program has moved to phone lines on Tuesday and Wednesdays beginning at 4:15 pm, clients will be able to contact a counsellor for a one-hour session by calling: 416.645.6000 ext. 1990

Yonge Street Mission - People may schedule counselling over the phone by calling 416.929.9614 ext. 3235.

Catholic Family Services - The drop-in / as needed counselling services has moved to call in and you can request to begin regular counselling with a worker. There is a fee for service based on income, and an intake is the first step. People are not turned away due to inability to pay. New clients will require intake, which may take a few days. 416.222.0048

Mood Disorders Association of Ontario - Telephone support line 1.866.363.6663



COUNSELLING

/ TORONTO

TELEPHONE-BASED COUNSELLING

29 years of age and under

What's Up Walk-in

People can call in to the main line to be connected with a counsellor over the phone. On Monday - Thursday from 2 pm - 6:30 pm and on Friday from 10 am - 6:30 pm you can call 416.438.3697

Stella's Place

Services have been shifted to virtual and phone-based supports. The facility at 18 Camden is closed until further notice. In lieu of walk-in counselling, same day phone and video counselling support is available by appointment on Tuesdays and Thursdays from 3 - 6 pm. People can access telephone services by calling: 416.461.2345 ext. 0 or email: connect@stellasplace.ca

CRISIS COUNSELLING

Crisis Text Line

Text HOME to 686868 in Canada to text with a trained Crisis Responder.

Distress Centres of Greater Toronto

If you are In distress or need emotional support call 416.408.4357 or text 45645.