PSYCHOTHERAPY

Finding a therapist

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

Therapists' style can vary. Some therapists will give you a lot of feedback about how they think you are doing and suggestions of what they think might help you. Other therapists will tend to be quieter during sessions, and will let you draw your own conclusions. You can tell therapists which approach 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 for you.

Types of Therapy

Choosing a type of therapy will be different for each person. It will depend 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 clinicians 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. Or, it can focus on expressing feelings that have come from old wounds, such as a history of abuse. 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 registered 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 program. 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 of all of your therapy fees may be covered. Sometimes you can get therapy for a reduced fee when working with a student.

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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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. Because private counselling can be very expensive, 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).

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") You can then get therapist listings for your area by putting in the city and province for the location you are seeking.

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)

www.mdpac.ca
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 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

PsychologyToday

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

Brief Psychotherapy Centre for Women

Women's College Hospital, 76 Grenville St., 7th floor, Toronto, ON
www.womenscollegehospital.ca/programs-and-services/bpcw/
416 323-6011
Services offered: Individual and group psychotherapy for women, including cognitive behavioural therapy and mindfulness-based stress reduction
Eligibility: Women over 16 years old
Referral: Self-referral
Fees: Free
Note: There is currently a waitlist

Family Service Toronto

128A Sterling Rd., Ste. 202,Toronto, ON
https://familyservicetoronto.org
416 595-9618
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 Shepphard Ave. E., North York, ON
www.hongfook.ca
416 493-4242
Services offered: 10-week psychoeducational group addressing issues like stress, communication and emotion management; 12-week integrative behavioural group therapy (IGBT) incorporating 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

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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
Referral: Physician referral required, form can be found online
Fees: Covered by OHIP
Note: Waitlist is six to eight weeks

Sheena's Place

87 Spadina Rd., Toronto, ON
sheenasplace.org
416 927-8900
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
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
www.cbt.ca
416 777-6699

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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

Woodgreen Walk-In Counselling Service

815 Danforth Ave., 1st floor, Toronto, ON
woodgreen.org/ServiceDetail.aspx?id=266
416 572-3575 ext. 2550
Services offered: Cognitive behavioural therapy, dialectical behaviour therapy and walk-in services
Note: Walk-in service open Tuesday and Wednesday evenings from 4:30 p.m. to 6:45 p.m.

Toronto Region: Hospital-Based Outpatient Programs

Note: The following is not a complete listing of all hospital-based mental health services in the city. Contact your local hospital to inquire about mental health services.

Centre for Addiction and Mental Health: Mood and Anxiety Service

www.camh.ca (Search for "Mood and Anxiety Service")
416 535-8501 ext. 2
Services offered: Cognitive behavioural therapy and day treatment groups
Referral: Referral form needs to be completed by a family physician, psychiatrist or GP (if psychiatrist reports are included); form is available on the website and can be faxed to 416 979-6815

Hospital for Sick Children

555 University Ave., Toronto, ON
www.sickkids.ca/psychiatry/MHAP
416 813-7005
intake.mhap@sickkids.ca
Services offered: Psychotherapy group and individual program, including cognitive behavioural therapy, supportive therapy and interpersonal therapy
Eligibility: Children and youth to 18 years
Referral: Physician's referral

Mount Sinai Hospital General Psychiatry

www.mountsinai.on.ca/care/psych/patient-programs/general-psychiatry
416 586-4800 ext. 4568
Services offered: Outpatient assessment, group psychotherapy clinic, interpersonal psychotherapy clinic, couple/family therapy clinic, psychoeducation group
Eligibility: People 18 years and over with emotional difficulties; participants are not eligible if they have an intellectual impairment, current or pending criminal charges or primary problems related to substance abuse
Referral: Physician referrals are needed for the general assessment service; call the phone number above or fax the referral form on their website to 416 586-8654

Toronto East General Hospital, Outpatient Programs

825 Coxwell Ave., East York, ON
www.tegh.on.ca/bins/content_page.asp?cid=3-24-5609&lang=1
416 469-6310 (intake)
Services offered: Consultation, assessment, time-limited therapy; day treatment program focused on goal setting and stress management; psychoeducational group program for coping with depression; psychogeriatric outpatient service
Eligibility: People 18 years or older living in East York
Referral: Must call intake number and complete a brief telephone assessment
Fees: Covered by OHIP

Women's College Hospital Brief Psychotherapy Centre for Women

76 Grenville St., 7th floor, Toronto, ON
www.womenscollegehospital.ca/programs-and-services/bpcw
416 323-6011
Services offered: Individual and group psychotherapy for women, including cognitive behavioural therapy and mindfulness-based stress reduction
Eligibility: Women over 16 years old
Referral: Self-referral
Fees: Free
Note: There is currently a waitlist

Toronto Region: Youth

Note: Toronto schools often have a designated social worker or other mental health professional available to students. Generally, universities also have counselling services that are free for students enrolled at that institution.

Hospital for Sick Children

See the listing above under "Hospital-Based Outpatient Programs"

LOFT Youth Programs

15 Toronto St., 9th floor, Toronto, ON
www.loftcs.org/programs/supports-for-youth
416 640-1934
Services offered: Transitional age youth programs for youth under 25 years who live with mental health, physical health and substance use challenges; services include dialectical behaviour therapy, skills groups and recovery groups
Referral: If you are over 16, contact The Access Point (www.theaccesspoint.ca) by e-mail at info@theaccesspoint.ca or by phone at 416 640-1934

Stella's Place

15 Camden St., Toronto, ON
stellasplace.ca
416 461-2345
connect@stellasplace.ca
Services offered: Recovery, wellness, peer support, creative arts and clinical services, including walk-in counselling Tuesdays and Thursdays from 3:00 p.m. to 5:00 p.m., individual and group mindfulness-based cognitive therapy, cognitive-behavioural therapy and dialectical behaviour therapy
Eligibility: People age 16 to 29 living in Toronto

WoodGreen Community Services

815 Danforth Ave., Ste. 100, Toronto, ON
www.woodgreen.org
416 645-6000
416 572-3575 (intake)
Services offered: Information and referrals through the Newcomer Youth Settlement program for youth age 13 to 24; walk-in counselling for all ages on Tuesdays and Wednesdays from 4:30 p.m. to 8:30 p.m. (doors close at 6:45 p.m. for the last client)
Referral: Self-referral
Fees: Free

Yorktown Child and Family Services

2010 Eglinton Ave. W., Ste. 300, Toronto, ON
www.yorktownfamilyservices.com
416 394-2424
Services offered: Short-term counselling, trauma assessment and treatment
Eligibility: Children and youth up to 24 years old, and their families
Referral: Self-referral through walk-in clinic
Fees: Free
Note: Interpretation available, no ID required

YouthLink

636 Kennedy Rd., Scarborough, ON
www.youthlink.ca

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416 967-1773 ext. 222 (intake)
Services offered: Ongoing counselling using cognitive-behavioural and solution-focused therapy, including trauma assessment and counselling for ages 12 to 21; What's Up Walk In, a walk-in counselling service that operates five days a week for ages 0 to 24 years; intermittent expressive art therapy groups
Eligibility: Youth and their parents or guardians
Referral: Self-referral by calling intake co-ordinator or accessing the What's Up Walk In clinic
Fees: Free
Note: No ID required

Halton Region

Thrive Counselling

Locations in Burlington, Oakville, Milton and Georgetown
thrivecounselling.org
905 845-3811 (Oakville)
905 637-5256 (Burlington)
Services offered: Individual, couple, family and group counselling; support and therapy groups for abused women and their children
Eligibility: All ages and genders (specific criteria for some programs)
Referral: Self-referral
Fees: For individual, couple, family and group counselling fees are assessed on a sliding scale; no fee for services for women and their children experiencing abuse (assistance for transportation and child care is available, if required)
Languages: English, Portuguese, Spanish, German, Arabic, Romanian, Pashto, Dari

Outpatient Counselling Services, Oakville Trafalgar Memorial Hospital, Halton Healthcare

3001 Hospital Gate, Oakville, ON
www.haltonhealthcare.on.ca/programs-and-services/mental-health/our-services/adult-services/outpatient-services
905 845-2571 ext. 4800
Services offered: Individual and group therapy for people with depression and anxiety disorders
Eligibility: People over age 18 living in Halton (Oakville, Milton, Georgetown, Acton) and diagnosed with anxiety or depression
Referral: GP referral
Fees: Covered by OHIP

Peel Region

Family Services of Peel

151 City Centre Dr., Ste. 501, Mississauga, ON

fspeel.org
905 453-5775
Services offered: Counselling for individuals, couples and families; counselling for LGBTTQ people; individual and group counselling for male survivors of sexual abuse; walk-in counselling service for immediate support when experiencing a crisis or seeking information, advocacy and referrals (available on Wednesdays and Saturdays)
Eligibility: Anyone living or working in the Region of Peel
Referral: Self-referral
Fees: Sliding scale; support for male survivors of sexual abuse is free
Languages: Services provided in more than 20 languages

Catholic Family Services

10 Kingsbridge Garden Circle, Unit 400, Mississauga, ON
60 West Dr., Unit 201, Brampton, ON
www.cfspd.com/counselling.html
905 450-1608 (Brampton)
905 897-1644 (Mississauga)
905 450-1608 ext. 112 (intake)
Services offered: Individual, couple, family counselling; mindfulness-based trauma counselling group for women who have experienced trauma and abuse in childhood; counselling for adults who have experienced childhood or partner abuse.
Eligibility: All ages
Referral: Walk-in clinic to access other services and longer-term counselling
Fees: First free session is free; sliding scale for long-term counselling
Note: Multiple languages, child minding available

Durham Region

Durham Region Community Counselling

339 Westney Rd. S., Ste. 103, Ajax, ON
605 Rossland Rd. E., Whitby, ON
www.durham.ca/en/living-here/counselling.aspx?_mid_=24458
905 666-6240 (Ajax)
905 683-3451 (Whitby)
Services offered: Short-term, solution-focused individual, couple, family and group counselling to residents of Durham Region
Eligibility: Six years and older
Referral: Self-referrals through the centralized intake line at 905 666-6240
Fees: $90 for a 50-minute session; fees can be adjusted with a sliding scale

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York Region

Family Services York Region (FSYR) Markham

4261 Highway 7, Ste. 203, Unionville, ON
fsyr.ca/our-services
905 415-9719
Services offered: Individual, family, child and couples counselling; counselling for LGBTTQ people; online counselling by e-mail
Eligibility: Age requirements vary by program
Referral: Self-referral
Fees: Sliding scale offered based on income and ability to pay; first consultation session is $120, online counselling is $65
Languages: Counselling is offered in multiple languages

Hong Fook Mental Health Association

*See Toronto Region – Community Resources above for location in North York.

Scarborough

Scarborough and Rouge Hospital

2425 Eglinton Ave. E., Ste. 301, Toronto, ON
www.TSH.to
416 431-8230
Services offered: Beyond Bricks and Mortar: Online Psychotherapy, an Internet-delivered cognitive behavioural therapy for anxiety and depression
Referral: Physician referral
Fees: Covered by OHIP

Hong Fook Mental Health Association

*See Toronto Region – Community Resources above for location in Scarborough.

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