

Name / Option	Service Type	Cost	Location	Contact	Website	My Notes
☞ Service Ontario	Provides OHIP Ontario Health Insurance Plan (Health Card)	Free with proof of Ontario address	Several locations	1-800-267-8097	ServiceOntario.ca	
☞ Walk-in Clinic	Immediate, can provide referrals	OHIP covered	Many locations			
☞ Doctor	Appointment required, can provide referrals	OHIP covered			Don't have a Doctor? Try: opencare.com	
☞ CAMH Emergency	Emergency 24/7	OHIP covered	250 College St	416-535-8501 ex 36885		
☞ Toronto Distress Centre	Phone crisis line 24/7	Free		416-408-HELP (4357)	torontodistresscentre.com	
☞ Gerstein Crisis Centre	Phone crisis line 24/7	Free		416-929-5200	gersteincentre.org	
☞ Gerstein Crisis Centre	Team visits to your location can be arranged by phone	Free	South Central Toronto	416-929-5200	gersteincentre.org	
☞ Mental Health Service Information Line	Phone assistance 24/7	Free	Phone	1-866-531-2600	mentalhealthhelpline.ca	
☞ LGBT Youthline	Sun-Fri, 4-9:30PM LGBTQ ages 29 & under	Free	Phone, text, chat online, or email	1-800-268-9688 TEXT: 647 649 4275 askus@youthline.ca	youthline.ca	
☞ Family Services Toronto	Wednesday walk-in: 3:30-7:30pm	Free	202-128A Sterling Rd	416-595-9618	familyservicetoronto.org	
☞ Family Services Toronto	Group & individual therapy options	Low cost	202-128A Sterling Rd + more	416-595-9618	familyservicetoronto.org	
☞ Gestalt Institute of Toronto	Gestalt therapy	Low cost	194 Carlton St	416-964-9464 Ex. 63	gestalt.on.ca	
☞ CAMH	Many options, may need doctor referral	OHIP covered up to high cost	Multiple locations	416-535-8501 press 2	camh.ca	
☞ The Toronto Institute for Relational Psychotherapy	Apply in advance	Low cost available	Multiple locations	registrar@tirp.ca	tirp.ca	
☞ Mood Disorders Association of Ontario: Homepage	Many options including free drop-in peer support groups	Free & low cost	602-36 Eglinton Ave W.	1-888-486-8236	mooddisorders.ca	
☞ Mental Health Peer Support Organization	Meetups most Mondays 7-9:30PM, pre-register by email	Free	30 The Queensway	mhpso@yahoo.com	mhpso.org	
☞ Living Institute Student Clinic	Many options	Low cost	208 Carlton St.	416-515-0404	livinginstitute.org	
☞ WoodGreen Community Services	Many options	Free & low cost	100-815 Danforth Ave	416-645-6000	woodgreen.org	
☞ SKETCH	Artist support for youth 16-29		201-180 Shaw St	416-516-1559	sketch.ca	
☞ Workman Arts	Artist support		651 Dufferin St	416-583-4339	workmanarts.com	
☞ Urban Workers Project	Assistance for freelancers			info@urbanworker.ca	urbanworker.ca	
☞ Caversham Booksellers	Psychology & mental health bookshop	Varies	98 Harbord St	416-944-0962	cavershambooksellers.com	

Remember:

- I've assembled this sheet as a starting point. These aren't your only options!
- If you have trouble talking on the phone or writing emails, you can ask a friend to sit with you.
- If the organization you reach out to in a crisis can't help, they might give you a contact for someone who can.
- You may need to try many options before you find one (or a combination) that works for you.
- If you have trouble going to Service Ontario, therapist/doctor offices, or hospitals, you can ask a friend to come with you.

Questions? Email askdronetherapy@gmail.com

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Stella's Place	Peer support drop-in (see site), group & individual therapy, workshops, LGBTQ friendly	Free (ages 30 or under)	18 Camden Street	connect@stellasplace.ca, 416-461-2345	stellasplace.ca	
Toronto Western Hospital	Emergency 24/7	OHIP	399 Bathurst Street	416-603-5263	artistshealth.com	
Toronto Western Hospital - Artists' Health Alliance	group & individual therapy, drop-in (see site), workshops, LGBTQ friendly	OHIP, prices online, potential subsidies	399 Bathurst Street, 3rd Floor West Wing	416-603-5263	artistshealth.com	
Toronto Psychoanalytic Institute (tps&i)	Psychotherapists listings — search site	ask individuals re OHIP or sliding scale	MANY (browse site)	416-922-7770	torontopschoanalysis.com	
Edge West	Free drop-in (see site), counselling, legal aid, sex positive, LGBTQ BIPOC friendly	Free (ages 13-29 years)	1900 Davenport Road serves bw Eglinton, Bloor, Bathurst, & Islington + Mt. Dennis	416-652-4363	http://edgewest.ca/	
Scarborough Hospital	Emergency 24/7, counselling	Free or OHIP	3030 Birchmount Rd, Scarborough	416-495-2891	tsh.to	
Scarborough - Mobile Crisis	24/7 Helpline	Free to call	Scarborough Mobile Crisis	416-495-2891	tsh.to	
York Region Adult Crisis Services	24/7 Helpline, crisis beds, peer support	Free or OHIP	York based	905-310-COPE (2673) contact@yssn.ca	yssn.ca	
Peel Region Mobile Crisis	24/7 crisis line	Free	Brampton - Peel based	905-278-9036	mentalhealthhelpline.ca/Directory/Program/8202	
COAST Hamilton	24/7 Helpline	Free	Hamilton based	905-972-8338	coasthamilton.ca	
Anishnawbe 24/7 Mental Health Crisis Management Service	24/7 Helpline for Aboriginal/Indigenous/First Nations, many types of counselling	Free or OHIP	225 Queen St East, 179 Gerrard, St East, 22 Vaughan Rd	416-891-8606	aht.ca	
Assaulted Women's Helpline	24/7 Helpline for women, trans, nonbinary, 200+ languages, Counselling, info, referrals	Free to call		416-863-0511 toll-free 1-866-863-0511	awhl.org (secure browsing options available)	
Youthspace	Text with a crisis worker from 6pm - midnight	Free	Canada-wide	TEXT: 778-783-0177	youthspace.ca	
Scarborough - Mobile Crisis	24/7 Helpline	Free to call	Scarborough Mobile Crisis	416-495-2891	tsh.to	
ConnexOntario	Information & referral services for mental health & addiction	Free	based in London ON	Mental Health: 1-866-531-2600 Drug/Alcohol: 1-800-565-8603 Gambling: 1-888-230-3505	connexontario.ca	
Toronto Withdrawal Management Services (Toronto Detox)	Treatment options & resources for many types of addiction	Free to call	Various	1-866-366-9513	torontodetox.ca	
Hard Feelings	self care themed book shop, short term \$50-\$80 counselling	therapy \$50-\$80+	848 Bloor St West	416.792.4393, kate@hardfeelings.org	hardfeelings.org	
Circles Collective & Zine	Resource list for Canada for mental health support & sexual assault survivors. English & French. LGBTQ & BIPOC friendly.	PWYC for PDF	Canada especially Toronto & Montreal	circlescommunityresponse@gmail.com	facebook.com/circlescommunitycollective stackyourroster.storenvy.com	

Remember:

- You don't have to be suicidal to call a suicide helpline to talk about mental health or ask for resources.
- Everyone needs help sometimes & these programs exist because you are worthy of support.
- Try to reach out and build a support system through people you know, or people you may meet in group therapy, online communities, etc. It helps to have others to share with as you struggle.
- Calling for help can be discouraging, take breaks between calls/options to recharge if you need to, & reward yourself for reaching out.
- If you get upset while you're trying to get help, that's okay. It's a big step & it's hard to make yourself vulnerable.

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Videos: kristeljax.com/therapy