

## **MENTAL HEALTH SUPPORT RESOURCES**

### **NYGH SCOPE Mental Health Program**

NYGH SCOPE Mental Health provides rapid contact for patients in need of mental health support and assists in the co-management of these patients. The current focus of this pathway is to provide support to primary care providers (PCPs) and their patients through resource navigation and physician-to-physician consultation.

Telephone: 416-756-6700  
(Press 3)  
Email: [SCOPE.program@nygh.on.ca](mailto:SCOPE.program@nygh.on.ca)  
Ocean eReferral: NYGH/NYTHP  
SCOPE  
Fax: 416-756-6513

**Resource navigation:** Contact our mental health clinician (Shivon Yim) with questions around resources and to assist in finding and navigating appropriate services and supports for patients. Patients and PCPs can also access the mental health resource guides online:

<https://scopehub.ca/resources/patient-resources/mental-health-patient/>

**Telephone Advice Psychiatry (TAP):** Consult a psychiatrist, MD-to-MD for support with clinical cases directly, without a patient visit. Please note that this service is only available to support PCPs with adult cases.

### **ConnexOntario** (24/7)

(Addiction, Mental Health, and Problem Gambling Treatment Services)

1-866-531-2600  
[www.connexontario.ca](http://www.connexontario.ca)

### **Safer Use Peer Support Line**

(10 PM – 3 AM)

1-888-233-5633

### **Warm Lines**

Warm Line- Progress Place  
(Online chat, text or call 3pm-7pm 7 days a week)

416-323-3721 (12pm- 8pm)  
416-960-9276 (8pm - 12am)  
[www.warmline.ca/](http://www.warmline.ca/)

Warm Line & Peer Crisis Support Services  
(Available 24/7 for York Region, South Simcoe and North York)

1-888-777-0979  
<https://krasmancentre.com>

TIPS Warm line  
(Mood Disorder Association of Ontario- Mon-Fri 9:30am-5pm)

1-866-363-6663  
[app.acuityscheduling.com](http://app.acuityscheduling.com)

## **Virtual Walk-in one on one counselling**

Family Services Toronto (Free single session on weekdays 9am-6pm)	416-595-9618 <a href="https://familyservicetoronto.org">https://familyservicetoronto.org</a>
Catholic Family Services (Tuesday & Thursday 9am-7pm- Sliding scale fee)	416-921-1163, 416-222-0048 <a href="https://www.cfstoronto.com/">https://www.cfstoronto.com/</a>
Woodgreen Community services (Free- Register 4:15-6:45pm on Tuesday & Wednesday)	416-645-6000 ext. 1990 <a href="https://www.woodgreen.org">https://www.woodgreen.org</a>
Sherbourne Health **waitlist open to internal referrals only** (Free- Register at noon on Tuesday)	416-324-4109 <a href="https://sherbourne.on.ca">https://sherbourne.on.ca</a>
Wellness Together Canada Available 24/7 Free: Same-day, single session phone counselling (for 16 years+)	Adults: 1-866-585-0445 Youth: 1-888-668-6810 <a href="https://ca.portal.gs/">https://ca.portal.gs/</a>

## **OHIP/Sliding scale counselling**

Medical Psychotherapy Association Canada (OHIP Covered)	416-410-6644 <a href="https://www.mdpac.ca/">https://www.mdpac.ca/</a>
The Medical Clinic for Person Centred Psychotherapy (OHIP Covered, referral needed)	416-229-2399 1-888-229-8088  <a href="http://www.medicalpsychclinic.org/">www.medicalpsychclinic.org/</a>
Catholic Family Services Toronto (sliding scale) Central Toronto Office North Toronto Office	416-921-1163 416-222-0048  <a href="http://www.cfstoronto.com/">www.cfstoronto.com/</a>
Family Service Toronto (Sliding scale- Locations across Toronto)	416-595-9618  <a href="http://familyservicetoronto.org/">familyservicetoronto.org/</a>
Jewish Family and Child (Sliding Scale)	416-638-7800 x 6234  <a href="https://www.jfandcs.com/">https://www.jfandcs.com/</a>
Sherbourne Health-LGBTQ, Newcomers, Homeless/under housed (Free)	416-324-4109 <a href="http://sherbourne.on.ca">sherbourne.on.ca</a>
<b>PACT- PEOPLE ACCESSING CARE TEAMS</b> Black Creek CHC (OHIP covered, referral needed) Vaughan CHC (OHIP covered, referral needed)	416-249-8000 or 416-246-2388 905-303-8490 Ext.4  <a href="http://www.vaughanchc.com">www.vaughanchc.com</a>

Spiritual and Religious Care- NYGH (Free)

416-756-6311

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

## **Children, youth & their families**

### **Help Ahead**

Centralized phone line to access child, youth and family mental health and well-being resources (Monday to Friday 9 a.m. - 7 p.m.; Saturday 9 a.m. - 5 p.m.)

1-866-585-6486

[www.helpahead.ca](http://www.helpahead.ca)

### **Sunnybrook Family Navigation Project (FNP)**

Helps young people and their families navigate the mental health and addictions system to find the care they need in the Greater Toronto Area (Durham, Halton, Peel, Toronto, York).

1-800-380-9367

<https://sunnybrook.ca>

### **What's Up Walk in**

Immediate mental health counselling for children, youth, young adults and their families, and families with infant. (Monday to Friday 9AM – 7PM; Saturday 10AM — 4PM)

1-866-585-6486

[www.whatsupwalkin.ca/](http://www.whatsupwalkin.ca/)

### **One Stop Talk**

Free, virtual walk-in service for mental health supports for children and youth (0-17 years), funded by the Ministry of Health

1-855-416-8255

<https://onestoptalk.ca/>

### **SickKids TeleLink Mental Health**

Provides free virtual mental health consultations for children and youth (under the age of 18) in partnership with their caregivers. Referral pathway is via the Tele-mental Health Service (TMHS)

416-813-6503

**(for intake inquiries)**

[SickKids TeleLink Mental Health](https://www.sickkids.ca/telelink-mental-health)

## **Therapist offering reduced rate counselling**

### **Toronto Institute for Relational Therapy- Low-cost TIRP therapists**

Student therapists \$25 (including HST) per session. Senior students and graduates on a sliding scale (between \$40 and \$80 (including HST) for both individual and couple therapy)

[tirp-lowcost-therapy.ca/](http://tirp-lowcost-therapy.ca/)

### **Affordable Therapy Network**

low-cost rate ranging between \$50- \$65 sliding scale rates between \$70-\$120

[affordabletherapynetwork.com/](http://affordabletherapynetwork.com/)

**Open Path Psychotherapy Collective**

psychotherapy sessions between \$30 and \$60  
(between \$30 and \$80 for couples & family sessions)

[tps://openpathcollective.org/](https://openpathcollective.org/)

**Christian Counselling Services**

Individual, couples, & family counselling  
No specific limit to # of sessions. All welcome.  
Senior counsellors: \$75+; Intern counsellors: \$0+

416-489-3350

[christiancounsellingservices.com](http://christiancounsellingservices.com)

**The Centre for Training in Psychotherapy (reduced fee)**

[ctp.net/ctp-referral-service/](http://ctp.net/ctp-referral-service/)  
[ctpthrapyreferralservice@gmail.com](mailto:ctpthrapyreferralservice@gmail.com)

**Private counselling**

Psychology Today

[www.psychologytoday.com/ca/](http://www.psychologytoday.com/ca/)

LAYLA

[www.layla.care](http://www.layla.care)

Psychotherapy Ontario

[www.psychotherapyontario.org](http://www.psychotherapyontario.org)

Better Help

[www.betterhelp.com](http://www.betterhelp.com)

Green Space

[greenspacehealth.com/en-ca](http://greenspacehealth.com/en-ca)

**Free Online resources:**

Online skill-building program  
With mental health coach support

1-866-345-0224

[www.bouncebackontario.ca](http://www.bouncebackontario.ca)

Online peer support & self-mgmt. tools & workshops

[togetherall.com](http://togetherall.com)

Smart Recovery- Life Beyond Addiction (group support)

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

Body Brave (eating disorders)

<https://www.bodybrave.ca/>

**Free Online self-guided programs**

AnxietyCanada – My Anxiety Plan (MAPs)  
Anxiety management programs based on CBT  
option for Children/Teens and Adults

[www.anxietycanada.com](http://www.anxietycanada.com)

Wellness Together Canada

[www.wellnesstogether.ca](http://www.wellnesstogether.ca)

CCI Self-Help Resources for Mental Health

[www.cci.health.wa.gov.au](http://www.cci.health.wa.gov.au)

## **COVID-19 Support**

<https://mentalhealthcovid19.ca/>

<https://www.ontario.ca/page/covid-19-support-people#mental-health>

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/coronavirus-practicing-wellness-while-you-stay-at-home>

## **Mental Health Apps**

### **Skills-based support:**

AbilitiCBT

Self-Help Anxiety Management (SAM)

Mindshift CBT

PTSD Coach Canada

CBT-i Coach (for insomnia)

CBT Tools for Healthy Living

Stop Panic & Anxiety Self-Help

Depression CBT Self-Help Guide

MoodTools - Depression Aid

Pacifica

My3app- Safety planning

### **Mindfulness Meditation:**

Headspace

Simple Habit

Calm

Centre for Mindfulness Studies (CMS)

Stop, Breathe, & Think

OMG. I Can Meditate!

UCLA Mindful

Waking up by Sam Harris

Insight Timer (70,000 free guided meditations)

10 Percent Happier