

## COUNSELLING RESOURCES

Due to COVID-19, many organizations have changed how they are providing services or may be temporarily closed. Call, or check the service website, for additional information.

RESOURCE	INFORMATION	CONTACT
Addiction Services York Region (ASYR)	Youth and Family Program: comprehensive, systemic assessment, referrals to internal/external programs. CBT, post-modern and systemic interventions, individual and family counselling and parent education groups	Intake: 905-841-7007 ext. 322 1-800-263-2288
Associated Youth Services of Peel	DBT for ages 14-17	TF: 1-800-732-8377 Tel: 905-890-5222 Fax: 905-890-5230  <a href="http://www.asyp.ca">www.asyp.ca</a>
Breakaway Addiction Services	Addiction services for youth and families (ages 12-25) including harm reduction, supportive housing, community based opiate addiction treatment  Pieces to Pathways: peer-led support for LGBTTTQQ2SIA youth (16-29)	Intake: 416-537-3946 ext. 225  Text/Call Pam: 647-209-2043 (Pieces to Pathways) E: <a href="mailto:p2pinfo@breakawayaddictions.ca">p2pinfo@breakawayaddictions.ca</a>
Centre for Addiction and Mental Health (CAMH)	Youth Addiction and Concurrent Disorders Service:  offers treatment to youth and families concerned about substance use, with or without a concurrent mental health concern. Includes specialized outpatient counselling (group/individual), case management, day treatment, psychiatric consult. education	416-535-8501 ext. 2 1-800-463-2338 ext. 2
Central Toronto Youth Services	Counselling (ages 12-17), youth justice, groups, new outlook, LGBTQ+ support	416-924-2100  <a href="http://www.ctys.org">www.ctys.org</a>
Family Service Toronto	Virtual workshops and groups, counselling sessions via telephone/video	416-595-9618 Monday-Friday: 9am-6pm  <a href="http://www.familyserVICEToronto.org">www.familyserVICEToronto.org</a>
Friends of Ruby	Online counselling and case management for LGBTQI2S youth (ages 16-29)	416-359-0237 <a href="mailto:info@friendsofruby.ca">info@friendsofruby.ca</a> Instagram: @friendsofruby.ca  <a href="http://www.friendsofruby.ca">www.friendsofruby.ca</a>
Good2Talk	Confidential services for post-secondary students providing professional counselling and information and referrals for mental health, addictions, and well-being	1-866-925-5454 (operates 24/7)  Crisis Text Line: text GOOD2TALKON to 686868  <a href="http://www.good2talk.ca/ontario/">www.good2talk.ca/ontario/</a>
Hong Fook	Virtual walk-in counselling sessions for youth (age 12-25) living in York Region and Toronto	416-619-9030 <a href="mailto:counselling@hongfook.ca">counselling@hongfook.ca</a>

	<p>Youth Outreach Program: ages 12-21 living in North York/Scarborough of Chinese background/origin</p> <p>Services offered in English, Cantonese and Mandarin</p>	<p>647-534-8493 Wilson Ho: <a href="mailto:who@hongfook.ca">who@hongfook.ca</a> <a href="http://www.hongfook.ca">www.hongfook.ca</a></p>
LGBTQ Youthline	Peer support helpline available via chat, text, email	<p>647-694-4275 Sun-Fri: 4pm-9:30pm <a href="mailto:askus@youthline.ca">askus@youthline.ca</a> <a href="http://www.youthline.ca">www.youthline.ca</a></p>
Mood Disorders Association of Ontario	Drop-in peer support groups, early intervention, family programs,	<p>TF: 1-888-486-8236 Tel: 416-486-8046 <a href="mailto:info@mooddisorders.ca">info@mooddisorders.ca</a> <a href="http://www.mooddisorders.ca">www.mooddisorders.ca</a></p>
Peel Children's Centre Mobile Crisis Response	Crisis Support	416-410-8615
Sheena's Place – Support for Eating Disorders	Online video conference groups providing virtual eating disorder support (age 17+); registration required	<p>416-927-8600 <a href="http://www.sheenasplace.org">www.sheenasplace.org</a></p>
Sick Kids Centre for Community Mental Health	Child/Youth programs: residential treatment, day treatment (latency and teen), outpatient counselling	<p>1-855-944-4673 Intake: 416-924-1164 ext. 8708 <a href="http://www.sickkidscmh.ca">www.sickkidscmh.ca</a></p>
Skylark	Telephone 'walk-in' sessions for mental health counselling	<p>416-482-0081, press 5 Mon, Tues, Thurs: 1:30pm-6pm</p> <p>416-482*-0081, press 6 Mon, Tues, Fri: 9am-1:30pm Wed: 11am-7pm</p> <p>Residential Program (Centralized Access to Residential Services): 416-482-7882 (<b>Referral Required</b>)</p>
Stella's Place	Comprehensive mental health services (ages 16-29) includes drop-in Virtual Counselling, peer support, employment, wellness and recovery services	<p>416-461-2345 ext. 0 (Tues &amp; Thurs: 3pm -6pm)</p> <p>BeanBagChat App: Mon-Thurs: 12pm-9pm Fri &amp; Sun: 5pm-9pm</p> <p><a href="mailto:connect@stellasplace.ca">connect@stellasplace.ca</a> <a href="http://www.stellasplace.ca">www.stellasplace.ca</a></p>
Strides Toronto (Formerly East Metro Youth Services)	<p>Community based children's mental health center (up to 18 years of age)</p> <p>Includes: Autism services, ADD/ADHD seminars, community counselling and support programs, day treatment, after school programs, intensive child and family services, mental health T.O, Whats Up Walk-In Counselling, youth outreach</p>	<p>416-438-3697 416-321-5464 <a href="http://www.emys.on.ca">www.emys.on.ca</a></p>

The George Hull Centre for Children and Families	Mental health services, prevention and early intervention services (up to 18 years old), counselling services, group programs, intensive in-home services	416-622-8833 <a href="mailto:reachus@georgehullcentre.ca">reachus@georgehullcentre.ca</a>  Accepting Referrals: <a href="mailto:intake@gergehull.on.ca">intake@gergehull.on.ca</a>
Turning Point Youth Services	Counselling, residential care, school and justice programs	416-925-3250 ext.224 <a href="http://www.turningpoint.ca">www.turningpoint.ca</a>
What's Up Walk-In	Ages 26 and under telephone and online counselling	1-866-585-MHTO (6486) Mon-Fri: 9am-7pm
Yorktown Family Services	Telephone and virtual counselling provided for any type of special support or to have access to materials *telephone interpretation available	416-699-3521  Mon: 10am-3pm Tues-Wed: 1pm-6:30pm Thurs: 10am-5pm Fri: 1:30pm-3:30pm
YouthLink	E-Counselling what's up walk-in service (up to age 24), outreach, family programs *Multiple languages available	416-967-1773 ext.222  <a href="http://www.youthlink.ca">www.youthlink.ca</a>