

# 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.

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at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](mailto: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](http://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](http://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](http://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](http://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

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## 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](http://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/](http://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

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**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](http://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 Sheppard Ave. E., North York, ON

[www.hongfook.ca](http://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](http://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](http://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](http://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](http://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](http://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](http://www.cbt.ca)

416 777-6699

*This resource list is for information purposes only and does not constitute an endorsement by CAMH or guarantee any particular outcome.*

**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](http://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](http://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](http://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](tel:4169796815)

### Hospital for Sick Children

555 University Ave., Toronto, ON

[www.sickkids.ca/psychiatry/MHAP](http://www.sickkids.ca/psychiatry/MHAP)

416 813-7005

[intake.mhap@sickkids.ca](mailto: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

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## Mount Sinai Hospital General Psychiatry

[www.mountsinai.on.ca/care/psych/patient-programs/general-psychiatry](http://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](http://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](http://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”

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## LOFT Youth Programs

15 Toronto St., 9th floor, Toronto, ON  
[www.loftcs.org/programs/supports-for-youth](http://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](http://www.theaccesspoint.ca)) by e-mail at [info@theaccesspoint.ca](mailto:info@theaccesspoint.ca) or by phone at 416 640-1934

## Stella's Place

15 Camden St., Toronto, ON  
[stellasplace.ca](http://stellasplace.ca)  
416 461-2345  
[connect@stellasplace.ca](mailto: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](http://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](http://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](http://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](http://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](http://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

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[fspeel.org](http://fspeel.org)  
905 453-5775

**Services offered:** Counselling for individuals, couples and families; counselling for LGBTTTQ 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](http://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](http://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](http://fsyr.ca/our-services)

905 415-9719

**Services offered:** Individual, family, child and couples counselling; counselling for LGBTTTQ 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](http://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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