

Walk-in Counseling Clinics

Catholic Family Services 1155 Yonge Street, Suite 200, M4T 1W2	Walk-in: Tuesdays 9 a.m. to 7 p.m.	416-921-1163	www.cfstoronto.com walk in info info@cfstoronto.com	FEE FOR SERVICE: Counseling fees are charged according to income level. No one is denied service because of inability to pay fees.
Sherbourne Health Clinic 333 Sherbourne Street, M5A 2S5	Walk-in: Tuesdays - register at 12 p.m., begins 1 p.m.	416-324-4100 Ext 5310	www.sherbourne.on.ca walk in info	Free: For clients 16+ who are not receiving mental health services at Sherbourne or at any other agency
WoodGreen Community Services 815 Danforth Ave, M4J 1L2	Walk-in: Tuesdays and Wednesday open at 4:30 p.m.; latest arrival 6:45 p.m.	416-572-3575	www.woodgreen.org walk in info	Free: *English/Mandarin Everyone is welcome No health card is needed No referral or appointment required Subsequent visits are welcome
Family Services Toronto, 3 rd flr, 355 Church Street, M5B 1Z8	Walk-in: Wednesday 3:30-7:30pm; last registration 6:15 p.m.	416-595-9618	www.familyserVICEToronto.org walk in	Free: *call to for additional languages. For all persons 18 years of age and older, who live or work in GTA. No appointment is necessary. No health card/ID required.
Yonge Street Mission Davis Centre Community Support & Family Services 270 Gerrard St E, M5A 2G4	Walk-in: Thursdays 4:30 pm-8:30 p.m.; opens at 4:15p.m.; last registration 6:45p.m.	1-800-416-5111 416-929-9614 Ext 3235	www.ysm.ca counseling information info@ysm.ca	Free: Everyone is welcome No health card is needed No referral or appointment required Subsequent visits are welcome

Virtual Mental Health Options

BounceBack	www.bouncebackontario.ca	1-866-345-0224	Skills-based coaching for adults and youth 15+ to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive.
Big White Wall	www.bigwhitewall.ca		Online anonymous mental health and wellbeing service offering self-help programs, creative outlets, and a supportive community.
mindyourmind	www.mindyourmind.ca		<i>mindyourmind</i> exists in the space where mental health, wellness, engagement and technology meet. We work with community partners and <u>young people aged 14 to 29</u> to co-create interactive tools and innovative resources to build capacity and resilience.
iCBT -The Scarborough Hospital	https://www.tsh.to/areas-of-care/mental-health/adult-outpatient-program/		Online CBT program, with clinician support. No catchment. All welcome. Client works through 6 modules of CBT at own pace, with the support of email communication from a mental health Scarborough Hospital clinician. Physician referral required – Referral Form Cost: OHIP-covered. Wait time: Minimal