

Mental Health Resources

The following agencies provide mental health resources to clients residing in Toronto. Please note that each program will have its own eligibility criteria and not all diagnoses will be supported all programs.

****Please note that some services only support families residing in the region in which the service operates. Ensure the resource you're attempting to connect with supports where you live. Information provided on their websites is for educational or informational purposes only and not a substitute for professional medical advice.*

Surrey Place

Surrey Place offers funded psychological services for younger children and their caregivers, children and youth up to 18 years of age, and for adults 18+ with an intellectual disability. Intervention types are determined based on individual age and need.

To find out more, please visit www.surreyplace.ca or call 1-833-575-KIDS (5437).

Lumenus

Lumenus offers funded individual and family counseling to children and youth ages 0-18. Residents residing in Toronto with challenges related to early years development, developmental disability, mental health or autism may be eligible.

To find out more, please visit www.lumenus.ca

Strides Toronto

Strides Toronto offers a number of funded programs supporting mental health including The Anxiety Group for Children, Community Counseling, Community Support, Family Counseling, Infant Mental Health Program, Intensive Child and Family Services, One Stop Talk, Slight Dialectical Behaviour Therapy Program, Tree of Life Support Group, Urban Tele-Mental Health Service, and What's Up Walk-In.

To find out more about each program, please visit www.stridestoronto.ca

Smile Canada

Smile Canada's Wellness Program provides counseling and psychotherapy sessions to children, youth and their families using a culturally sensitive approach and native language speakers to support clients from various ethnic backgrounds.

To find out more, please visit www.smilecan.org

2-Spirited People of the 1st Nations

2-Spirited People of the 1st Nations offers Family Support and Counseling for all ages.

To find out more, please visit www.2spirits.org

SAAAC (South Asian Autism Awareness Centre)

SAAAC offers a free 8-week group counseling program for caregivers with children with autism. The SAAAC Cares program is offered throughout the year and session dates are posted on the website. To find out more, please visit www.saaac.org

Stella's Place

Stella's Place offers funded mental health supports including both virtual and in-person drop-in counseling, support groups, DBT groups, art therapy, and short-term individual counseling. To find out more, please visit www.stellasplace.ca

Caribbean African Canadian Social Services (CAFCAN)

CAFCAN provides culturally sensitive counseling and support groups including a substance abuse program for youth aged 12 to 29 and What's Up Walk-in counseling for those up to 29 years of age. To find out more, please visit www.cafcan.org

Family Service Toronto

Family Service Toronto offers individual, family and couples counselling support in English, French, Farsi, Hindi, Portuguese, Spanish and Urdu. Fees are charged on a sliding scale based on family income. They also a range of counseling supports related to domestic violence, sexual assault, and LGBTQ+.

To find out more, please visit www.familyserVICEToronto.org

Sick Kids-Garry Hurvitz Centre for Community Mental Health

Sick Kids Hospital and the Garry Hurvitz Centre for Community Mental Health provide mental health services including individual and family counseling for children and youth up to 18 years of age.

To find out more, please visit www.sickkidscmh.ca/garry-hurvitz-cmh

Humber River Health

Humber River Health provides addiction and mental health services for adults and children.

To find out more, please visit www.hrh.ca/programs/mental-health-addictions/

Centre for Addiction and Mental Health (CAMH)

CAMH offers a range of mental health programs supporting individuals with addictions/substance use, anxiety/depression, developmental disabilities, mood disorders, trauma etc. Specific eligibility and exclusionary criteria apply to many of CAMH's programs.

To find out more, please visit www.camh.ca

Private Options

Families can also access fee for service counseling via private options that can be covered by Ontario Autism Program funding, third-party insurance, or out of pocket.

To find a provider, families can visit www.psychologytoday.com or if they want to ensure that the services are covered by Ontario Autism Program funding, parents can visit www.oaproviderlist.ca

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