



This is a list of resources available to graduate students at the University of Toronto and to individuals living in Toronto and the Greater Toronto Area.

Distress Phone Lines

Gerstein Centre | 416-929-5200

Provides free, voluntary, and confidential crisis intervention service over the phone and in-person for adults living in the City of Toronto. Available 24 hours a day, 7 days a week.

Good2Talk | 1-866-925-5454

Good2Talk is a free, confidential helpline providing professional counselling and information and referrals for mental health, addictions and well-being to post-secondary students in Ontario. Available 24 hours a day, 7 days a week.

My SSP for International Students | 1-844-451-9700

Culturally competent mental health and counselling services in 146 languages for international student use. Outside of North America, call 001-416-380-6578.

Ontario Mental Health Helpline | 1-866-531-2600

Free confidential helpline that can provide information about mental health supports near you. Available 24 hours a day, 7 days a week. The Ontario Mental Health Helpline also provides chat and email services.

Ontario's Online and Text Crisis and Distress Service (ONTX) | Text 258258

If you are not comfortable using the phone or would prefer to communicate with someone online or over text, ONTX is able to chat and text regarding distress, crisis, and suicidal thoughts. Text services are available from 2pm to 2am, 7 days a week at 258258. Online chat services are also available from 2pm to 2am, 7 days a week.

Saint Elizabeth | 416-498-0043

Offers a 24/7 Community Crisis Response Program which serves residents of *Etobicoke* and *North York*. Services include immediate telephone crisis intervention and support, mobile crisis visits in the home or the community, and referrals to other community services.

Scarborough Hospital Mobile Crisis Program | 416-495-2891

Provides Telephone Crisis Response and community mobile crisis visits to individuals over 16 years of age who are experiencing a mental health crisis in *Scarborough* and *East York*.

Spectra Helpline | 905-459-7777

24/7 Helpline providing confidential crisis and suicide intervention and emotional support. Text and chat options are also available. Multi-lingual helplines are available Monday to Friday, 10:00 a.m. to 10:00 p.m. in eight languages (Cantonese, Mandarin, Portuguese, Spanish, Hindi, Punjabi, and Urdu).

The Warm Line | Call 416-960-WARM (9276) or Text 647-557-5882

A confidential and anonymous service for adults. Call, text, and online chat services are available every night from 8PM to Midnight Eastern Time.

[Toronto Distress Centre](#) | **416-408-HELP (4357)**

The Distress Centre offers 24/7 emotional support, crisis intervention, suicide prevention and linkage to emergency help when necessary. Available 24 hours a day, 7 days a week.

Wellness Activities/Resources

[Better Breathing Workshop](#)

Feeling too busy to manage stress effectively as a university student? Come learn about the benefits of restorative breath, try new techniques for relaxation such as muscle tension reduction and learn new tips for taking time to pause and recharge.

[Better Coping Skills](#)

If you're having trouble coping with the demands of university life—or even regular everyday situations—this series of workshops can help you build the skills you need to thrive.

[Better Sleep Workshop](#)

Feeling too busy or stressed as a university student to sleep properly? Come learn about what you can do to improve your sleep and feel more rested and refreshed.

[Big White Wall](#)

An online community of members, who support, help each other and share what's troubling them in a safe and anonymous environment. The site is available 24 hours a day, 7 days a week, 365 days a year – no need to wait until morning, the next business day or for a doctor's appointment. You can find support simply by logging on.

[BounceBack Ontario](#) | **1-866-345-0224**

A free skill-building program managed by the Canadian Mental Health Association. It is designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety, stress or worry. Delivered over the phone with a coach and through online videos, you will get access to tools that will support you on your path to mental wellness.

[Graduate Conflict Resolution Centre](#)

No matter is too small to discuss! Connect confidentially with a Graduate Peer Advisor to address a concern. Book an appointment, attend drop-in sessions, or chat over Skype.

[Hong Fook Mental Health Association](#) | **416-493-4242; 130 Dundas St. W., 3rd Floor**

Hong Fook Mental Health Association is the leading ethno-cultural community mental health agency with a consolidated culturally competent team in Ontario serving the Asian communities.

[Mennonite New Life Centre of Toronto](#) | **Various Locations**

Many immigrants and refugees experience high levels of stress and trauma as a result of their migration and settlement experiences. In addition, they struggle to find help in their first language. The Mennonite New Life Centre of Toronto Mental Health Program mobilizes the skills of internationally trained mental health professionals to meet the emotional health needs of newcomers in Toronto.

[Mindful Moments](#)

Daily drop-in meditations, yoga, and Tai Chi for focus, relaxation, and resilience.

Mindyourmind

Offers support and guidance for young people aged 14 to 29 to co-create interactive tools and innovative resources to build capacity and resilience.

Mood Disorders Association of Ontario | 416-486-8046; 36 Eglinton Ave. W., Suite 602

The Mood Disorders Association of Ontario offers free support and recovery programs to people across Ontario living with depression, anxiety or bipolar disorder. They provide drop-in peer support groups, recovery programs, family and youth clinical support, early intervention for mood disorders and psychosis and online tools focused on wellness and recovery.

Emergency Shelter

Central Intake for the GTA | 416-338-4766; Toll Free 1-877-338-3398

Comprehensive list of shelters with direct admission.

Gerstein Centre | 416-929-5200

Provides crisis intervention to adults, living in the *City of Toronto*, who experience mental health problems. The service has three aspects: telephone support, community visits and a ten-bed, short-stay residence. All three aspects of the service are accessed through the crisis line.

Walk-In Support

416 Community Support for Women | 416-928-3334; 416 Dundas St. E.

416 Community Support for Women is a daytime drop in program for women looking to gain or give support while coping with isolation, addiction and/or mental health issues and other difficulties. It is open 8:30AM-4:30PM, 7 days a week. Basic services include daily breakfast (8:30-10:00 AM) and lunch (12:00-2:00 PM), weekly food bank, social/recreational programs and life skills training. The Centre also offers weekly medical clinics and mental health and addiction case management services on a daily basis.

Family Service Toronto | 416-595-0307 ext. 269; 128A Sterling Road, 2nd Floor, Suite 202

Family Service Toronto provides free, immediate drop-in counselling for a wide range of concerns to individuals, families, and couples over 18 years of age on Wednesday evenings, opening at 3:00 PM, with the latest arrival at 6:15 PM. No appointment or referral is needed.

What's up Walk-In | Various Locations

Free Walk-In Mental Health Counselling. No fee. No appointment. No Health Card. Six Locations across Toronto. Immediate mental health counselling for children, youth, young adults and their families, and families with infants is available at the what's up walk-in clinic.

WoodGreen Community Services | 416-645-6000 ext. 1100 or 1200; 815 Danforth Ave., 1st floor

The WoodGreen Walk-in Counselling Service offers free, immediate drop-in counselling on Tuesday and Wednesday evenings to address a wide range of concerns. They open at 4:00 PM, with the latest arrival at 6:45PM. No appointment or referral is needed. There are no restrictions to access.

Counselling & Psychotherapy

Centre for Interpersonal Relationships | 1-855-779-2347; 790 Bay St.

A team of psychologists, psychotherapists, and counsellors that offer a wide range of services for adults, couples, families, and groups.

Graduate Counselling Services | 416-978-8030 Option 5

Short-term counselling offered to graduate students by the Health & Wellness Centre and School of Graduate Studies.

Ontario Psychological Association

The Ontario Psychological Association has a referral service to link individuals with psychologists for treatment or assessment.

Psychotherapy Referral Service | 416-920-0655

PRS is a referral service that, based on an intake interview, matches individuals with trained psychotherapists in Toronto.

Psychology Today

Psychology Today maintains an online directory of therapists all over Canada and the U.S.A., with information about their location, therapy type, experience, insurance coverage, etc.

Toronto New Life Wellness Place | 647-340-5433; 1122 Finch Ave. W., Unit 23

The Toronto New Life Wellness Place provides multicultural, multilingual therapeutic wellness services for people in the Greater Toronto Area needing mental health and wellness support.

No- or Low-Cost Counselling & Psychotherapy

Barbra Schlifer Commemorative Clinic | 416-323-9149 ext. 234; 489 College St., Suite 503

Barbra Schlifer offers no-cost group and individual counselling as well as legal and interpretation services to women who have experienced violence.

Catholic Family Service Toronto | 416-921-1163 (Central Toronto); 416-222-0048 (North Toronto)

Catholic Family Service Toronto provides sliding scale individual, family, couple, and group therapy to people of all backgrounds – clients need not be Catholic. No one is turned away for inability to pay.

Family Service Toronto | 416-595-9618; Various Locations

Family Service Toronto provides sliding scale individual, family, couple, and group therapy for a range of difficulties including trauma therapy. They also offer internet counselling. No one is turned away for inability to pay.

Gestalt Institute of Toronto | 416-964-9464; 417 Parliament Street

Gestalt therapy provides an opportunity to move through old issues, make changes, improve relationships, express creativity, decrease generalized fear and mistrust, and learn to have more fun.

Hard Feelings | 416-792-4393; 848 Bloor St. W.

Hard Feelings is an innovative, welcoming community of professional counsellors who provide low-cost services and support. Their storefront sells carefully curated books and resources to help build and sustain stronger mental health.

OISE Psychology Clinic | 416-978-0654; 252 Bloor St. W.

Sliding scale psychotherapy is provided to individual adults by Counselling Psychology graduate students who are supervised by licensed Psychologists. The clinic is open from September through April. Low cost, with sliding scale.

WoodGreen Community Services | 416-645-6000 ext. 1367; 815 Danforth Ave., 1st floor

WoodGreen offers no-cost counselling to individuals 16 years of age or older who are experiencing problems with mental health. They aim to work with people from a recovery strengths-based perspective.