



TORONTO/ONTARIO
MENTAL HEALTH AND CRISIS SERVICES

[July 2019]

Understanding the mental health system and choosing the right mental health service can be an overwhelming process. The following guide is specific to those living in Ontario and can help you navigate the various options.

If you are interested in therapy, please consider these questions first.

Are you able and willing to pay for private therapy?

If so, the best place to start is online directories like www.Psychologytoday.com to search for a therapist who fits your needs. Important factors to include are; areas of expertise, gender, age, treatment modalities and insurance coverage.

What are sliding scales?

Therapists provide sliding scale rates to individuals who aren't able to pay a regular rate, with fees starting with what you can afford!

What's the difference between social workers, psychotherapists, psychologists, and psychiatrists?

Psychotherapist: This is an umbrella term for anyone who is trained to treat people for cognitive and emotional concerns. However, a Psychotherapist is regulated in Ontario by the College of Registered Psychotherapists of Ontario (CRPO) – make sure and check they have this membership first! If you want to know more about the practice of Psychotherapy, you can read about it here <https://bit.ly/2TQSVSG>

Psychiatrist: A Psychiatrist has a degree in medicine with a specialty in psychiatry and unlike a psychotherapist, they can prescribe medication. Although psychiatrists are also trained in psychotherapy, they tend to see patients for assessments and treatment recommendation, such as medication. It is important to know that they are OHIP-covered.

Psychologist: A fully qualified Psychologist has extensive training, typically with a PhD. In addition to what a Psychotherapist can offer, they have training in psychological testing and diagnostic assessments. It is important to know that they are currently not covered by OHIP and cannot prescribe medication.

Social Workers: Social workers in mental health settings are clinically trained but cannot make diagnostic assessments like a Psychologist. Typically trained to a master's level, they evaluate the individual in their environment during treatment. In Ontario, a qualified social worker will be a member of the Ontario College of Social Workers and Social Service Workers.

MD Psychotherapist: This is a family physician with some level of training in psychotherapy. Their services are OHIP-covered.

Community Health Centers (CHCs): These are locations that will take patients who do NOT have OHIP – Travel insurance is accepted at these locations. They are specific to catchment area and they are located throughout the GTA. Check

EAP: Employee Assistance Programs (EAP) is a free and confidential counselling service offered by most employers to their employees to support their well-being in the workplace and in their personal lives. Depending on the employer's arrangement, EAP may also extend to immediate family members.

Employees who receive insurance benefits will have some coverage that includes registered psychotherapists, social workers, and/or psychologists. Check with your HR department or your employee insurance benefits provider as many employers offer short-term counselling via an Employee Assistance Program (EAP) or Employee and Family Assistance Program (EFAP)

Psychotherapy services

The below agencies will help individuals seeking psychotherapy options find a therapist in their area, as well as ones that are best tailored to individual needs. Note: some of these agencies/therapists will require fee for service and some therapists will offer sliding scales.

These resources are best navigated online.

Ontario Association of Consultants, Counselors, Psychometrics and Psychotherapists	www.oaccpp.ca	(416) 298-7333
Ontario Psychological Association (OPA) *Fee for service	www.psych.on.ca	(416) 961-0069
Ontario Society of Psychotherapists	www.psychotherapyontario.org	(416) 923-4050
Psychotherapy Referral Services *Fee for service	www.prstoronto.com	(416) 920-0655
Psychology Today	www.psychologytoday.com	

Green Space	www.grnspace.com	1 (888) 446-6602	
Toronto Psychoanalytic Society		www.torontopsyoanalysis.com	(416) 922-7770

Low cost Psychotherapy services

Catholic Family Services of Toronto	http://www.cfstoronto.com/
Family Services of Ontario	https://familyservicetoronto.org/our-services/programs-and-services/counselling/
Toronto Institute for Relational Psychotherapy (Student/Graduate services)	<p>http://www.tirp-lowcost-therapy.ca/</p> <p>The referral service through the <i>Toronto Institute for Relational Psychotherapy</i> provides access to lower cost therapy with current students and graduates.</p> <p>This service offers therapy for individuals at \$25 with training therapists (as long as the therapist is in training) and \$40 – \$80 per session (negotiable with the individual therapist) for 20 sessions with a graduate.</p>
The Living Institute Student clinic (Student services)	http://livinginstitute.org/living-institute-student-clinic

Medical Psychotherapy Association of Canada	<p>https://www.mdpac.ca/cgi/page.cgi/Public/_membership.html?pro=advanced_search</p> <p>This service provides patients with free Psychotherapy services in Ontario so long that you have a valid OHIP. Family Doctor's/Medicine graduates but have concentrated on Psychotherapy as their sole practice.</p> <p>They are able to provide a free Psychotherapy service because they can bill OHIP for it.</p>