



TORONTO/ONTARIO  
MENTAL HEALTH AND CRISIS SERVICES

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](http://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 recommendations, 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 areas, and they are located throughout the GTA.

**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 should 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).

**Private 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 a fee for services and some therapists will offer sliding scales.*

Agency	Website	Description
<b>Ontario Association of Mental Health Professionals</b>	<a href="https://oamhp.ca/">https://oamhp.ca/</a> <b>(416) 298-7333</b>	The Ontario Association of Mental Health Professionals (OAMHP) is Ontario’s largest association of mental health professionals. Formed in 1978 as the Ontario Association of Counsellors, Consultants, Psychometrists & Psychotherapists, the name was changed in September 2019 to better represent our diverse membership and the collaborative roles they play in the continuum of mental healthcare.
<b>Ontario Psychological Association (OPA)</b> *Fee for service	<a href="http://www.psych.on.ca">www.psych.on.ca</a> <b>(416) 961-0069</b>	Maintains a public register of Psychologists across Ontario.
<b>College of Registered Psychotherapists of Ontario</b>	<a href="https://www.crpo.ca/">https://www.crpo.ca/</a> <b>416-479-4330</b>	Maintains a public register of Psychotherapists across Ontario.
<b>Psychology Today</b>	<a href="http://www.psychologytoday.com">www.psychologytoday.com</a>	Directory that lists clinical professionals, psychiatrists and treatment centers who provide mental health services in Canada.

## Crisis services Toronto/Ontario

Agency	Description	Details
<b>Toronto Distress Center</b>	24-hour support, 7 days a week, 365 days a year to individuals in our community at risk and their most vulnerable.	416-408-4357
<b>Gerstein Centre</b>	24 hour crisis line for adults. Mobile outreach can be provided.	416-929-5200
<b>Toronto Rape Crisis Line</b>	24 hour rape crisis support, a counselor is paged via answering service, and contact is made within a timely fashion.	416-597-8808
<b>Distress Centre Durham</b>	The Helpline is a community resource to provide referral information pertaining to appropriate inquiries from the callers. The Helpline is available to the callers 24 hours a day, 7 days a week and 365 days a year!	905-430-2522
<b>Assaulted Women's Helpline</b>	24-hour telephone and TTY crisis telephone line for women.	1-866-863-0511 TTY 1-866-863-7868 TTY 416-364-8762 Mobile #SAFE (7233)
<b>Ontario Online &amp; Text Crisis Service</b>	ONTX Ontario Online & Text Crisis Services are available from your computer, mobile device or telephone from 2pm to 2am daily.	<b>Crisis text (2pm-2am ET):</b> Text HOME to 741-741  <b>Crisis chat (2pm-2am ET):</b> <a href="http://www.dcontario.org/ontx.html">www.dcontario.org/ontx.html</a>

<b>Reduced/Low cost Counselling Services</b>		
<b>Agency</b>	<b>Contact details</b>	<b>Description</b>
<b>Catholic Family Services of Toronto</b>	Central: 416-921-1163 North: 416-222-0048  <a href="http://www.cfstoronto.com/">http://www.cfstoronto.com/</a>	FEE FOR SERVICE: Counseling fees are charged according to income level. No one is denied service because of inability to pay fees.
<b>Family Services of Toronto</b>	416-595-9618 <a href="http://www.familyserVICEToronto.org">www.familyserVICEToronto.org</a>	Free: *call for additional languages. For all persons 18 years of age and older, who live or work in GTA. No health card/ID required. Only allowed 3 visits/year (after 2 appointments, returning clients might not be seen, depending upon demand).
<b>Toronto Institute for Relational Psychotherapy (Student/Graduate services)</b>	<a href="http://www.tirp-lowcost-therapy.ca/">http://www.tirp-lowcost-therapy.ca/</a>	The referral service through the <i>Toronto Institute for Relational Psychotherapy</i> provides access to lower cost therapy with current students and graduates.  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.
<b>Medical Psychotherapy Association of Canada</b>	<a href="https://www.mdpac.ca/cgi/page.cgi?id=123&amp;_cms=0">https://www.mdpac.ca/cgi/page.cgi?id=123&amp;_cms=0</a>	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. They are able to provide a free Psychotherapy service because they can bill OHIP for it.
<b>Ontario Psychotherapy and Counselling Referral Network</b>	416-920-WELL (9355) <a href="https://referrals.psychotherapyandcounseling.ca/getting-help/referral-form/?city=Toronto">https://referrals.psychotherapyandcounseling.ca/getting-help/referral-form/?city=Toronto</a>	Student therapists (4th & 5th yr) – psychodynamic approach primarily - Free 1st time consultation Include that you want low-cost student option in self referral
<b>Hard Feelings</b>	T: 416-792-4393	Group of private therapists offering low-cost therapy to those with limited capacity to pay. 10- 12 sessions

	<a href="http://www.hardfeelings.org/">www.hardfeelings.org/</a>	
<b>Affordable therapy network of Ontario</b>	<a href="https://affordabletherapynetwork.com/toronto/">https://affordabletherapynetwork.com/toronto/</a>	<p>Each therapist on our site works independently in private practice and sets their own rates based on a number of factors. Therapists who use a sliding scale offer a flexible rate that reflects the financial and situational needs of their client.</p> <p>Sliding scale rates can range anywhere between 25%-100% of a therapist's regular fee, but as a rough guideline, you might expect to pay roughly 50%-75% of their regular rate. You will need to talk to your therapist to discuss their fee structure.</p>
<b>Mood Disorders Association of Ontario</b>	<p>Telephone Support Line:1-866-363-MOOD (6663). <a href="http://www.mooddorders.ca">www.mooddorders.ca</a></p>	Offers free support programs to people across Ontario, and their families, who are living with depression, anxiety or bipolar disorder.
<b>Centre for Interpersonal Relationships</b>	<p>toronto.admin@cfir.c a Local: 647-417-0182</p> <p><a href="https://cfir.ca/">https://cfir.ca/</a></p>	The Centre for Interpersonal Relationship brings together highly trained mental health clinicians who provide a wide-range of treatment and assessment services to clients of all ages and backgrounds. Accessibility of services is promoted by clinicians through their offering of reduced cost services and secure video psychotherapy.