



**NOT 9 TO 5**

# **COUNSELLING / TORONTO**

## **TELEPHONE-BASED COUNSELLING**

### Adults all ages

**Woodgreen** - Walk-in counselling program has moved to phone lines on Tuesdays and Wednesdays beginning at 4:15PM, clients will be able to contact a counsellor for a one-hour session by calling: 416.645.6000 ext. 1990

**Yonge Street Mission** - People can be connected with a counsellor for a single session or to set up ongoing appointments by calling 416.355.3568. The hours are Monday to Friday from 9:30AM – 5:00PM, and Thursdays from 12:00PM – 7:00PM. Online counselling sessions are booked for Tuesdays and Thursdays.

**Catholic Family Services** - Call-in counselling services where you can request a quick access single session or regular counselling with a worker. There is a fee for service based on income, and new clients will require intake. People are not turned away due to inability to pay. Call 416.222.0048 (North Toronto) or 416.921.1163 (Central Toronto)

**Mood Disorders Association of Ontario** - Telephone support line 1.866.486.8236. Hours are Monday to Friday 9:30AM - 5:00PM.

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29 years of age and under

## **What's Up Walk-in**

People can call in to the main line to set up a phone or video session. There is a very brief intake survey, which they will use to connect you to the appropriate clinic or counsellor for a same-day session. The hours are Monday - Friday from 9:00AM - 7:00PM and on Saturday from 10AM - 4:00PM. Call Help Ahead at 1.866.585.6486.

## **Stella's Place**

In lieu of walk-in counselling, same day phone and video counselling support is available by appointment on Tuesdays and Thursdays from 3:00PM - 6:00PM. People can access telephone services by calling: 416.461.2345 ext. 1 or email: [connect@stellasplace.ca](mailto:connect@stellasplace.ca)



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## **CRISIS COUNSELLING**

### **Crisis Services Canada**

Text them at 45645 to connect with a trained Crisis Responder, from 4:00PM-12:00AM EST. Standard texting rates apply.

Call them at 1.833.456.4566 for 24/7 access to help.

### **Kids Help Phone**

Text CONNECT to 686868 in Canada to text with a trained Crisis Responder.

### **Distress Centres of Greater Toronto**

If you are in distress or need emotional support call 416.408.4357.

Text them at 45645.

