

DROP-IN COUNSELLING

Where to go when you're looking for help

Drop-in counselling is counselling offered at walk-in clinics where patients can get help without having to make an appointment ahead of time. Most drop-in clinics are free of charge. However, those run by private practices have fees and deposits (note: private practices are not listed in this resource).

Many topics can be discussed at walk-in counselling, including health and mental health issues, workplace challenges, relationships, family dynamics, bullying, thoughts of suicide or self-harm, and other challenges.

Anyone can seek help at a drop-in counselling service, though some counselling clinics cater to specific needs of the client (please see the eligibility criteria for each community resource below).

Youth Services: Toronto

Skylark—YouthCan Impact Walk-In Clinic

40 Orchard View Boulevard, Unit 102 (lower level), Toronto, ON

www.skylarkyouth.org

416 395-0660

info@skylarkyouth.org

Services offered: Walk-in services for youth with mental health and substance use concerns. Counsellors are available to discuss concerns around depression, anxiety, bullying, sexual orientation, stress, substance use and many other topics.

Eligibility: Age 13 to 21

Fees: Free

Hours: Monday to Saturday, times vary by day

YMCA of Greater Toronto

7 Vanauley Street, Toronto, ON

www.ymcagta.org

416 603-6366

Services offered: Drop-in youth program—breakfast, lunch, substance use counselling, ID clinic, employment counselling, mental health counselling, crisis intervention, visiting nurse, housing support, clothing available

Eligibility: Age 16 to 24

Fees: Free

If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at access.resources@camh.ca.

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Egale Youth OUTreach

290 Shuter Street, Level 1, Toronto, ON

<http://egale.ca/outreach/>

416 964-7887

outreach@egale.ca

Services offered: Mental health counselling and drop-in centre for LGBTQ2S youth experiencing homelessness

Eligibility: Age 29 and younger

Fees: Free

Hours: Monday to Friday, 2:00 p.m. to 8:00 p.m.

Notes: Meals, snacks and TTC tokens provided

Anishnawbe Health Toronto

179 Gerrard Street East, Toronto, ON

www.aht.ca

416 920-2605

Services offered: Walk-in mental health program for youth, including counselling, advocacy and cultural activities

Eligibility: Aboriginal ancestry

Languages: English, some Aboriginal languages

What's Up Walk-In?

Location: 6 locations (see below)

www.whatsupwalkin.ca

Services offered: Mental health and addiction counselling services for youth experiencing mental health, sexual identity, relationship and other concerns. Support is also available for concerned parents.

Fees: Free

Hours: Varies by location. Some availability on evenings and weekends.

Notes: No health card or appointment necessary. Services are offered on specific nights in a variety of languages.

Youthlink

747 Warden Avenue, Scarborough, ON.

416 967-1773

Eligibility: Age 12 to 21

Skylark

65 Wellesley Street East, Unit 500, Toronto, ON

416 395-0660

Eligibility: Children and youth up to age 24, and their families

Yorktown Family Services

2010 Eglinton Avenue West, Suite 300, York, ON

416 394-2424

Eligibility: Children and youth up to age 18, and their families

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Griffin Centre Mental Health Services

1126 Finch Avenue West, Unit 16, North York, ON

416 222-4380

Eligibility: LGBTTGNCQ counselling in the GTA for youth age 12 to 18, and their families

Etobicoke Children's Centre

2267 Islington Avenue, Etobicoke, ON

416 240-1111

Eligibility: Up to age 18

East Metro Youth Services

200 Markham Road, Suite 200, Scarborough, ON

416 438-3697

Eligibility: Children and youth up to age 29, families, and families with infants

Youth Services: Peel Region

Tangerine Walk-In Counselling

Location: 3 locations (see below)

www.tangerinewalkin.com

905 795-3530

Services offered: Confidential counselling

Fees: Free

Hours: 9:00 a.m. to 8:00 p.m.

1. Associated Youth Services of Peel

160 Traders Boulevard East, Suite 100, Mississauga, ON

Eligibility: Age 12 to 17

Hours: Open Tuesdays

2. Peel Children's Centre

85A Aventura Court, Mississauga, ON

Eligibility: Age 12 to 17

Hours: Open Wednesdays

Note: Offers services in French and English

3. Rapport Youth and Family Services

71 West Drive, Unit 37, Brampton, ON

Eligibility: Age 12 to 20

Hours: Open Thursdays

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Family Services of Peel

151 City Centre Drive, Suite 501, Mississauga ON

<https://fspeel.org/services/counselling/walk-in-counselling/>
905 453-5775

Services offered: Walk-in counselling on Wednesdays (noon to 8:00 p.m.) and Saturdays (9:00 a.m. to noon), except on holiday weekends. Services provided in more than 20 languages.

Eligibility: Anyone living or working in the Region of Peel

Fees: First session is free

Referral process: Self-referral

Catholic Family Services Peel-Dufferin

Location: 2 locations (see below)

www.cfspd.com/counselling.html

Central intake phone: 905 450-1608 ext. 112

Services offered: Walk-in counselling for individuals, couples, and families. Multiple languages offered. Child care available.

Eligibility: All ages

Fees: No fee for first 3 sessions

Referral process: Self-referral

Brampton location

60 West Drive, Unit 201, Brampton, ON

905 450-1608

Hours: Thursdays, 12:30 p.m. to 7:00 p.m.

Mississauga location

10 Kingsbridge Garden Circle, Unit 400 Mississauga, ON

905 897-1644

Hours: Tuesdays, 12:30 p.m. to 7:30 p.m.

Family Services

Family Service Toronto

355 Church St., Toronto, ON

<https://familyservicetoronto.org>

416 595-9618

Services offered: Single-session counselling with a trained counsellor or psychotherapist

Eligibility: Age 18 or older, no health card or ID required, for people who live or work in the GTA

Fees: Free

Hours: Wednesdays, 3:30 p.m. to 7:30 p.m.

Notes: Call 416 595-0307 ext. 269 to find out when service is offered in languages other than English. No child care available.

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Catholic Family Services of Toronto

Location: 2 locations (see below)

www.cfstoronto.com

Services offered: Single-session counselling for individuals, couples, and families

Eligibility: Anyone in the city of Toronto with an urgent need to speak to a counsellor

Fees: Free

Central Toronto location

1155 Yonge Street, Suite 200, Toronto, ON

416 921-1163

Hours: Tuesdays, 9:00 a.m. to 7:00 p.m.

North Toronto location

5799 Yonge Street, Suite 300, Toronto, ON

416 222-0048

Hours: Thursdays, 9:00 a.m. to 7:00 p.m.

WoodGreen Community Services

815 Danforth Avenue, Suite 202, Toronto, ON

<http://www.woodgreen.org>

416 572-3575

cccentralintake@woodgreen.org

Services offered: Counselling for depression, anxiety, stress, issues related to separation and divorce, family violence, problems with anger, difficulties at work or school, relationship issues, parenting, issues related to gender identity/sexual orientation, and many other concerns.

Eligibility: Age 18 and up

Fees: Free

Hours: Tuesdays and Wednesdays, 4:30 p.m. to 8:30 p.m. (latest arrival at 6:45 p.m.)

LAMP Community Health Centre

185 Fifth Street, Etobicoke, ON

www.lampchc.org/content/social-work-programcounselling-services

416 252-9701 ext. 235

outreach@egale.ca

Services offered: Short-term counselling, case management, and referrals

Eligibility: Youth and adults

Fees: Free

Hours: Mondays 1:00 p.m. to 4:00 p.m. and Thursdays 4:00 p.m. to 7:00 p.m.

Sherbourne Health Centre

333 Sherbourne Street, Toronto, ON

www.sherbourne.on.ca

416 324-4100

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Services offered: Walk-in therapy clinic on Tuesday afternoons (sign in from noon to 1:30 p.m.), counselling from 1:00 p.m. to 5:00 p.m.

Eligibility: Focus on people who are underhoused, homeless or have a low income; people who identify as LGBTQ; newcomers to Canada

Fees: If you have a registered OHIP card, bring it to your appointment, but it is not required.
Recreational Drop-in Programs

Toronto Drop-in Network

Please see the following website for a list of Toronto drop-in services, updated each season:

<http://tdin.ca/resource.php?id=501>