

Over-the-phone support

Gerstein Crisis Centre (24/7): 416-929-5200

Trans Life Line: 1-877-330-6366

Toronto Distress Centre (24/7): 416-408-4357

Kids Help Phone (24/7): 1-800-668-6868

Toronto Rape Crisis Centre (24/7): 416-597-8808

Free walk-in counselling and support services

Sherbourne Health Centre Walk-In Counselling

333 Sherbourne St. | www.shc.on.ca | 416-324-4180 | Tuesdays at 12pm

Family Service Toronto Open Door Walk-in Counselling

355 Church Street | www.familyserVICEToronto.org | 416-595-9230 | Wednesdays 3pm

WoodGreen Community Walk-in Counselling

815 Danforth Avenue, Suite 100 | www.woodgreen.org | 416-645-6000 x 2512 | Tuesdays and Wednesdays, 4 pm

AIDS Committee of Toronto (ACT) Drop In Counselling

543 Yonge Street, 4th floor | www.actoronto.org/counselling | 416-340-2437 | View schedule on the website

Note: this service is for people living with or affected by HIV/AIDS as well as gay/bi/queer men and men who have sex with men; this is a trans inclusive agency

2 Spirit People of the First Nations - free counselling and referral services

145 Front Street East | www.2spirits.com | 416-944-9300 x224

Note: this service is for First Nations, Metis, and Inuit people who self-identify as 2-spirited and/or LGBTQ

Free or low-cost ongoing counselling services

David Kelley LGBTQ and HIV/AIDS Counselling Services – free and sliding scale (\$5-120)

202-128A Sterling Rd | www.familyserVICEToronto.org | 416-595-9618

Note: Medium-term individual and couples counselling for LGBTTT2SIQQA+ people; unlimited free counselling for those affected, living with or concerned by HIV/AIDS. Clients are seen for an initial needs interview 2-4 weeks after intake.

Woodgreen Counselling Services – free

815 Danforth Avenue / 650 Queen Street East | www.woodgreen.org | 416-572-3575

Family Services York Region LGBTQ2S Counselling – sliding scale

Various Locations | www.fsyrc.ca | 1-888-967-5542

Brief Psychotherapy Centre for Women (BPCW) at Women's College Hospital – free

76 Grenville Street, 7th floor | www.womenscollegehospital.ca | 416-323-6011

Parkdale Community Health Centre, Individual & Group Counselling through Women's Connection

28 Roncesvalles Ave, Suite 301 | www.pchc.on.ca | 416-537-8222

Note: this is a free service for women who live within the catchment area (Lakeshore/Bloor; Parkside/Dovercourt)

Riverdale Immigrant Women's Centre (RIWC) Women's Counselling Program – free

1326 Gerrard St. East | <http://www.riwc.ca/> | 416-465-6021 x 3091 | Monday to Friday, 9 am – 5 pm

Note: Counselling and settlement support for all women of any age, religion, sexual orientation, or ability.

AIDS Committee of Toronto (ACT) - free

Various locations | <https://www.actoronto.org/programs-services/counselling> | 416-340-8484 x 289

Note: this service is for people living with HIV, concerned about their risk of HIV, or for a friend or family member of someone living with HIV.

Toronto Institute of Relational Psychotherapy – \$25-\$80/session

Multiple locations | <http://www.tirp-lowcost-therapy.ca/student-therapists>

Note: LGBTQ-positive student therapists (\$25) and LGBTQ positive senior student therapists (\$40-\$80)

LGBTQ+ Settlement and Trauma Counselling

Canadian Centre for Victims of Torture

LGBTQ Settlement/Trauma Counsellor | 416 363 1066 | www.ccvvt.org

Free peer support group

Mood Disorders Assoc. of Ontario – LGBTQ Peer Support Drop-in Group

36 Eglinton Ave, Suite 602 | 1st and 3rd Wednesday of each month, 7-9 PM | 416-486-8046

Specifically for folks for identify as having a mood disorder | No participant limit

Sheena's Place – Eating disorders and body image supports

87 Spadina Road | 416-927-8900

<https://sheenasplace.org/>

OHIP-covered psychiatry and mental health services

Most hospitals in the Greater Toronto Area offer some free OHIP-covered mental health services through their psychiatry departments. Ask a family doctor for information, eligibility requirements, and referrals.

Community Health Centres (CHCs)

**Some Community Health Centres (CHCs) in the Greater Toronto Area provide free counselling services to individuals who live within their service area (i.e. catchment). Use the link below to find your local CHC:*

https://www.google.com/maps/d/u/0/viewer?mid=10ut6iSPXlv_nLjr7Knven1jpMA8&ll=43.70463027769114%2C-79.46524744999999&z=10

Fee-for-service agencies with LGBTQ-positive counsellors/services

Centre for Interpersonal Relationships – psychologists, psychotherapists, counsellors

Suite 305, 10 Mary Street | www.cfir.ca/ | 855-779-2347

Step Stone Psychology - psychologists, psychological associates, counsellors

1033 Bay Street, Suite 221 | www.stepstonepsychology.com | 416-551-7284

Umbrella Mental Health Network - psychologists, psychotherapists, social workers

691 Bloor St. West, Suite 202 | www.umhn.ca | 647-687-6543

Village Healing Centre – psychologists, clinical social workers, psychotherapists, wellness services

240 Roncesvalles Ave. | www.villagehealing.ca/counselling--therapy.html

Registered Private Practitioners (LGBTQ-positive)

**For a comprehensive list of LGBTQ-positive private practitioners in Toronto, please use the following link:*

<https://drive.google.com/file/d/1jJsio9WGGDLjXWk7FSYCXH-eiXRlu1Gg/view>