

A Guide to Finding Individual Therapy for Children and Youth



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Talking to your health care provider about your mental health concerns is an important step towards feeling better. They can support you, provide help and guide your progress.

If your next step is to learn about therapy and find a therapist for yourself or for your child, read this guide. If you have questions or need support, please speak to your health care provider.

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What is therapy?

Therapy is talking with a mental health professional about your thoughts, feelings, and issues. You work together to set goals and learn skills that can help you cope, heal and recover.

Therapy can help when a person has a mental health problem or concerns about their relationships or family. You, your child and your therapist together will decide how often and how long you need to meet.

There are many types of therapy.

Choosing a therapy will depend on the issues, needs and preferences.

What types of therapy are available?

Here are the main types of therapy that have proven to be effective.

| Type of therapy | How it works |
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| Cognitive Behavioral Therapy (CBT) | <ul style="list-style-type: none">• Helps you learn to challenge and change unhelpful thought patterns and behaviours. These new skills can help you better manage your emotions.• Generally, 10 to 24 sessions. Involves homework and practicing skills in between sessions.• Benefits people facing depression, anxiety, phobias (fears) and addiction. |
| Mindfulness-based Therapy | <ul style="list-style-type: none">• Helps you learn new skills to focus on the present in a non-judgmental way. This can help you control your thoughts, rather than be controlled by them.• May be combined with CBT.• Involves homework and practicing new skills in between sessions.• Benefits people facing depression, anxiety and life stress. |

| Type of therapy | How it works |
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| <p>Dialectical Behavior Therapy (DBT)</p> <p>'Dialectic' means balancing opposites (like acceptance and change) and seeing how they go together.</p> | <ul style="list-style-type: none"> • Helps you learn to accept yourself as you are while, making positive changes in your life. 'Dialectic' means balancing opposites (like acceptance and change) and seeing how they go together. • Helps you learn new skills to better respond to your emotions, tolerate distress, be mindful of the present and have effective relationships with others. • Generally, 20 or more sessions. • Benefits people with Borderline Personality Disorder, addiction, depression, Post Traumatic Stress Disorder (PTSD) and eating disorders. |
| <p>Play Therapy</p> | <ul style="list-style-type: none"> • Uses toys, blocks, dolls, puppets, drawings and games to help children recognize, identify, and put their feelings into words. • Combines talk and play to help children better understand and manage their conflicts, feelings, and behaviour. |
| <p>Interpersonal Therapy</p> | <ul style="list-style-type: none"> • Helps you find better ways to deal with current problems by focusing on your past and present roles (such as being a child, parent, spouse or boss) and interactions with others. • Generally, 12 to 16 sessions. • Benefits people facing depression. |
| <p>Narrative Therapy</p> | <ul style="list-style-type: none"> • Helps you create stories (narratives) about yourself and your identity. • This helps you see your problem as something you have, not something that identifies who you are. |
| <p>Psychodynamic Therapy</p> | <ul style="list-style-type: none"> • Helps you analyze and resolve current issues and change your behaviour in current relationships, by analyzing and exploring your past earlier experiences and emotions. • Generally, takes a year or more. |

Who provides therapy?

Many different mental health professionals provide therapy. Each has different credentials, training and experience.

| Therapist | Background |
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| GP Psychotherapist | A general practitioner (GP) or family doctor who can diagnose mental health conditions, prescribe medications and provide psychotherapy. |
| Psychologist | A professional with a doctoral degree in psychology (such as a PhD) who can provide psychotherapy and psychological testing. |
| <ul style="list-style-type: none">▪ Social Worker▪ Occupational Therapist▪ Registered Nurse▪ Nurse Practitioner | Professionals with university degrees and additional training and experience in providing therapy. |
| Psychiatrist | A doctor who specializes in diagnosing and treating mental health conditions. They can prescribe medications, and sometimes provide psychotherapy. |

How do I choose a therapist?

Choosing a therapist is an important decision. A strong relationship with a therapist is built on understanding, empathy, compassion and trust. It is one of the most important factors to successful therapy.

1 Find the name of a therapist

You can find a therapist by:

- Asking someone you trust for a recommendation. This could be a family member, friend, coworker or teacher.
- Reviewing the places to find therapy on pages 7 to 10.

- Searching online directories such as:

Green Space www.grnspace.com

- ✓ Get matched with a therapist who uses Greenspace technology to track your progress and update your care providers.

Psychology Today www.psychologytoday.com

- ✓ Search for therapists that match your location, mental health issue, type of therapy, payment method, gender and more.

Ontario Psychotherapy and Counseling Program and Referral Network
<https://referrals.psychotherapyandcounseling.ca>

- ✓ Submit an online request for a referral to an experienced psychotherapist. Lower cost options are available.

2 Call to learn about the therapist

Call the therapist and ask for a brief phone consultation. Ask questions about their experience working with children and youth to see if they could be the right therapist.

Questions to ask the therapist:

- What are your background and qualifications?
- How long have you been practicing with children and youth?
- What types of therapy do you provide?
- How have you helped patients with my issue or my child's particular issue in the past?
- What are your fees?
- Can we try out a single session?
- Do you need a referral from my doctor?

3 Evaluate the relationship with the therapist

After 2 or 3 sessions, consider if the therapist is a 'good fit' for your child. If it's not a good fit, don't be afraid to consider another therapist.

What does therapy cost? What are the options for payment?

Therapists set their own fees according to their skills, education and experience. A 1-hour session may cost from \$60 to \$250. This can be expensive, but there are many ways to make therapy affordable.

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| Ontario Health Insurance Plan (OHIP) | <ul style="list-style-type: none">• OHIP pays for therapy with a medical professional such as a family doctor or psychiatrist. |
| Lower-cost therapy services | <ul style="list-style-type: none">• Some community health centres and agencies offer free or low-cost therapy.• Therapy may be provided by student therapists, recent graduates or associates who are being supervised until they are fully qualified. |
| Sliding scale | <ul style="list-style-type: none">• Some therapists offer a 'sliding scale'. This means the amount you pay depends on your income. If you cannot pay the full cost of therapy, you are charged a reduced fee. |
| Private health benefits | <ul style="list-style-type: none">• If you have a job or are a student, your employer or school may provide health benefits that cover therapy.• Check your benefit plan to find out what is covered (type of therapist and total amount you can claim each year). |
| Employee Assistance Programs (EAP) | <ul style="list-style-type: none">• Some employers provide EAP services that include free, confidential counselling.• Your employer does not need to know you are using these services and the therapist will not tell them.• Check with Human Resources for information about EAP services. They may specify the type of therapist you can see and the number of sessions. |

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| Bursaries | <ul style="list-style-type: none"> • If you are a university student with a mental health problem and qualify for OSAP (Ontario Student Assistance Program), you may be eligible for the Bursary for Students with Disabilities. You can use this grant for psychotherapy. • For more information, check with Student Accessibility Services. |
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Where can I find therapy?



- This list of therapy services is for information only.
- It is not a complete list of services in the Toronto area.
- We do not endorse any particular therapist or service.

OHIP covered therapy

OHIP pays for therapy with a medical doctor. These services usually have waiting lists.

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| <p>CAMH – Child, Youth and Emerging Adult Program</p>  <p>Requires a referral from your doctor</p> | <p>Website: www.camh.ca Many locations Phone: 416 535 8501, press 2</p> |
| <p>Child Development Institute (ages 0 to 18 and families)</p> | <p>Website: www.childdevelop.ca 197 Euclid Avenue Phone: 416 603 1827</p> |
| <p>Sick Kids Centre for Community Mental Health</p>  <p>Requires a referral from your doctor</p> | <p>Website: www.sickkidscmh.ca Many locations Phone: 416 924 1164 ext. 8708 Some services require a doctor’s referral.</p> |
| <p>Stella’s Place (ages 16 to 29)</p> | <p>Website: www.stellasplace.ca 18 Camden Street Phone: 416 461 2345</p> |

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| Skylark (ages 0 to 24 and families) | Website: www.skylarkyouth.org 65 Wellesley Street East, Suite 500 Phone: 416 395 0660 |
| Turning Point Youth Services (TPYS) (ages 12 to 18 and families) | Website: www.turningpoint.ca 95 Wellesley Street East Phone: 416 925 9250 ext. 224 |
| Yorktown Child & Family Centre (ages 0 to 18 and families) | Website: www.yorktownfamilyservices.com 2010 Eglinton Avenue West, Suite 300 Phone: 416 394 2424 |
| Youthdale (ages 6 to 18 and families)  Requires a referral from your doctor | Website: www.youthdale.ca 227 Victoria Street Phone: 416 363 3751 ext. 2000 Doctor's referral needed only for psychiatric/ medication consultations. |

Low-cost therapy

These services may offer a sliding scale based on income, or lower fees for therapists who are students, recent graduates or associates. There may be a waiting list.

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| Centre for Interpersonal Relationships | Website: www.cfir.ca 305 - 10 St. Mary Street (Yonge and Bloor) Phone: 1-855-779-2347 Individual, couples, family and group therapy by doctoral students supervised by psychologists. |
| Catholic Family Services | Website: www.cfstoronto.com Many locations Phone: 416 921 1163 Individual, couples, family and group counselling. Services are available to all. |

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| Family Service Toronto | Website: www.familyserVICEToronto.org Many locations Phone: 416 595 9618 Individual, couples and family counselling. Fees on a sliding scale based on income. |
| Jewish Family and Child | Website: www.jfandcs.com Many locations Phone: 416 921 1163 Individual and family counselling. Services are available to all. |
| OISE Psychology Clinic | Website: https://www.oise.utoronto.ca/psychservices 252 Bloor Street West, Suite 7-296 Phone: 416 978 0678 Services for children, adolescents and adults by students under the supervision of psychologists. |

Fee-For-Service

You pay the fees for therapists in private practice. They do not usually have waiting lists.

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| Centre for Interpersonal Relationships | Website: www.cfir.ca 305 - 10 St. Mary Street (Yonge and Bloor) Phone: 1 855 779 2347 Individual, couples, family and group therapy by doctoral students supervised by psychologists. |
| Clinic on Dupont | Website: www.theclinicondupont.com 101 Dupont Street (Dupont Street and Avenue Road) Phone: 416 515 2649 Psychotherapy for individuals, couples and families by psychologists, psychotherapists and social workers. |
| CBT Associates | Website: www.cbtassociates.com Several locations. Phone: 647 693 8187 Individual, couples and group therapy by psychologists and psychological associates. |

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| <p>Children’s Support Solutions</p> | <p>Website: www.childrensupportolutions.com 1131 Leslie Street Phone: 1 866 653 2397</p> |
| <p>Ripple Effect Children’s Services</p> | <p>Website: https://rippleeffectchildrensservices.ca 194 Garden Avenue (Roncesvalles Ave & High Park Blvd) Individual and group therapy for children and youth.</p> |
| <p>The Red Oak Centre</p> | <p>Website: www.theredoak.ca 446 Spadina Road, Suite 206 Phone: 647 748 4441 By psychologists, neuropsychologists, occupational therapy, speech language pathologist and others.</p> |

Important: This is not a full list of agencies and organizations. The University Health Network does not recommend one organization over another and is not responsible for the care and services provided. Some information may change. Please contact agencies or organizations directly to make sure the information is correct or to find out more about their services.

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