

A Guide to Finding Walk-In Therapy or Over-the-Phone Crisis Counselling



Toronto Western
Family Health Team
Garrison Creek
Bathurst

You may be dealing with a mental health crisis that is not life-threatening but needs attention. Getting help now may lead to fewer issues in the future.

Read this handout if you need immediate and short-term therapy to deal with a mental health crisis. If you have questions or need support, please speak to your health care provider.

If you have a mental health emergency, call 911 or go to your nearest hospital Emergency Room.

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.



Patient Education



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

What is over-the-phone crisis counselling?

Highly-trained volunteer responders (with the support of professional staff) provide emotional support and crisis counselling for people in distress. Phone lines are open 24 hours a day, 7 days a week, 365 days a year.

- Toronto Distress Centres: 416 408 4357
- Gerstein Centre: 416 929 5200
- Assaulted Women’s Helpline: 416 863 0511 or 1 866 863 0511
- Toronto Rape Crisis Centre: 416 597 8808


For children and youth

- Kids Help Phone: 1 800 668 6868
- Youthdale Psychiatric Crisis Services: 416 363 9990

What is walk-in therapy?

Children, youth and adults can get therapy at these locations without an appointment.

- Therapy is offered for a variety of mental health issues.
- Call or check websites for specific walk-in clinic days and times.

| Walk-in therapy - Etobicoke | |
|--|--|
|  Etobicoke Children’s Centre What’s Up Walk-in (ages 0 to 24) | <ul style="list-style-type: none">• 2267 Islington Avenue, Lower Level• 416 240 1111• www.etobicokechildren.com |

| Walk-in therapy - North York | |
|---|---|
|  Griffin Centre What’s Up Walk-in (ages 0 to 24) | <ul style="list-style-type: none">• 1126 Finch Avenue West, Unit 16• 416 222 4380• www.griffincentre.org |

Walk-in therapy - Toronto

| | |
|--|--|
| 3 Abrigo Centre (youth and adults) | <ul style="list-style-type: none">• 1645 Dufferin Street• 416 534 3434• www.abrigo.ca |
| 4 Egale Youth OUTreach (LGBTQ2S Youth Specific, ages 16 and over) | <ul style="list-style-type: none">• 183 Carlton Street• 416 964 7887 ext. 9• https://egale.ca/outreach |
| 5 Family Services Toronto Drop in Counseling (all ages) | <ul style="list-style-type: none">• 128A Sterling Road, 2nd Floor, Suite 202• 416 595 9618 |
| 6 Skylark Whats Up Walk-in (formerly Oolagen) (ages 0 to 24 and families) | <ul style="list-style-type: none">• 65 Wellesley Street East, Suite 500• 416 395 0660• www.skylarkyouth.org |
| 7 Skylark Youth Services YouthCAN Impact Walk-in Clinic (ages 13 to 21) | <ul style="list-style-type: none">• 40 Orchard View Blvd, Unit 102• 416 482 0081• www.skylarkyouth.org |
| 8 Yorktown Child and Family Centre What's Up Walk-in (ages 0 to 24) | <ul style="list-style-type: none">• 2010 Eglinton Avenue W., Suite 300• 416 394 2424• www.yorktownfamilyservices.com |

Walk-in therapy - East York

| | |
|--|---|
| 9 EMYS YouthCAN Impact Danforth Walk-in Clinic (ages 0 to 29) | <ul style="list-style-type: none">• 1871 Danforth Avenue, 1st Floor• 416 690 1888• www.emys.on.ca |
| 10 Woodgreen Walk-in Counseling (all ages) | <ul style="list-style-type: none">• 815 Danforth Avenue, 2nd Floor, Suite 202• 416 690 1888• www.woodgreen.org |

Walk-in therapy - Scarborough

- | | | |
|-----------|--|---|
| 11 | East Metro Youth Services What's Up Walk-in (ages 0 to 24) | <ul style="list-style-type: none">• 1200 Markham Road (Markham Road and Ellsmere), 2nd Floor• 416 438 3697 ext. 1• www.emys.on.ca |
| 12 | Youthlink What's Up Walk-in (ages 0 to 24) | <ul style="list-style-type: none">• 747 Warden Avenue• 416 967 1773• www.youthlink.ca |



Visit www.uhnpatienteducation.ca for more health information. Contact us to provide feedback or request this brochure in a different format, such as large print or electronic formats: pfep@uhn.ca

© 2019 University Health Network. All rights reserved. Use this material for your information only. It does not replace advice from your doctor or other health care professional. Do not use this information for diagnosis or treatment. Ask your health care provider for advice about a specific medical condition. You may print 1 copy of this brochure for non-commercial and personal use only.