

# PSYCHOTHERAPY

## Finding a therapist

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The most important factor for successful therapy is the quality of the relationship between you and the therapist. Therapists' style can vary. Some therapists will give you a lot of feedback about how they think you are doing and suggest what they think might help you. Other therapists tend to be quieter and let you draw your own conclusions. You can tell therapists which approach you prefer and ask how they work. If the therapist isn't willing to adapt their style to suit your needs, they may not be the right match for you.

## Types of psychotherapy

Choosing a type of therapy is different for everyone. It depends on your concerns, the approach you feel comfortable with and how long you want to be in therapy. Being a certain type of professional (such as a social worker or a psychiatrist) doesn't mean that the person will practise a certain type of therapy. Many therapists use a combination of approaches.

Therapy can look quite different depending on the approach. It may focus on changing your behaviour or way of thinking about the world. It can focus on understanding difficult situations from your past. Or it can focus on expressing feelings that have come from old wounds, such as a history of abuse. Therapy can also be about supporting you through a difficult time.

## Who provides psychotherapy and how to get it

Various regulated health care professionals can provide psychotherapy, including registered psychotherapists, psychologists, social workers, nurses, psychiatrists, family doctors and occupational therapists.

The cost of treatment from a psychiatrist or family doctor is covered by public health insurance (such as OHIP in Ontario). Other mental health care providers, such as psychologists, social workers and psychotherapists, may be free if they work in government-funded hospitals, clinics and agencies, or in an employee assistance program. Those who work in private practice are not covered by public health insurance. If you have an employer-provided or private health insurance plan, it may cover the cost. Sometimes you can get therapy for a reduced fee from someone who is training to be a therapist.

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If any of this information is incorrect or outdated, please email the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

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Private counselling can be expensive. The listings here focus on psychotherapy that is fully or partially covered by OHIP or that operates on a sliding scale based on your income and financial circumstances.

## Organizations and websites for finding a therapist

### Canadian Association for Psychodynamic Therapy

337-719 Bloor Street West Toronto, ON M6G 1L5

[info@psychodynamiccanada.org](mailto:info@psychodynamiccanada.org)

<https://psychodynamiccanada.org/find-a-therapist-directory/>

**Services:** Online directory of psychotherapists in private practice across Canada

**Fees:** Vary by individual psychotherapist

### College of Registered Psychotherapists of Ontario

375 University Ave., Ste. 803, Toronto, ON M5G 2J5

Tel.: 1 844 712-1364 or 416 479-4330 ext. 201

[info@crpo.ca](mailto:info@crpo.ca) [www.crpo.ca](http://www.crpo.ca)

**Services:** Online directory of psychotherapists (Look under “Public,” then “Find a registered psychotherapist,” then “Search the public register”).

### Findasocialworker.ca

180 Dundas St. West, Ste. 2404, Toronto, ON M5G 1Z8

[info@oasw.org](mailto:info@oasw.org) [www.findasocialworker.ca](http://www.findasocialworker.ca)

**Services:** Online directory of social workers in private practice in Ontario

**Fees:** Vary by social worker

### Medical Psychotherapy Association Canada

312 Oakwood Court, Newmarket, ON L3Y 3C8

Tel.: 416 410-6644

Fax: 1 866 328-7974

[info@mdpac.ca](mailto:info@mdpac.ca)

[www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html](http://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html)

**Services:** The “Find a psychotherapist” link shows physicians who practise psychotherapy and are accepting new clients

**Fees:** Covered by OHIP

### Ontario Society of Psychotherapists

189 Queen St. East, Toronto, ON M5A 1S2

Tel.: 416 923-4050

[mail@psychotherapyontario.org](mailto:mail@psychotherapyontario.org) [www.psychotherapyontario.org](http://www.psychotherapyontario.org)

**Services:** Click on “Find a therapist,” then use the drop-down menus to specify what you are seeking

**Fees:** Vary by psychotherapist

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## PsychologyToday

[www.psychologytoday.com/ca/therapists](http://www.psychologytoday.com/ca/therapists)

**Services:** Website for finding a therapist, psychiatrist, support group or treatment centre

## Toronto Region: Community-based services

### Family Service Toronto

355 Church St., Toronto, ON M5B 0B2

**Tel.:** 416-595-9230 ext. 0 (reception) or 416-971-6326 ext. 317 (intake)

<https://familyservicetoronto.org/our-services/programs-and-services/counselling>

**Services:** Individual, family and couple counselling; general counselling, family therapy, trauma services, walk-in clinic, support for male survivors of sexual abuse, LGBTQ+ and HIV/AIDS counselling

**Eligibility:** Varies by program; walk-in for age 18+

**Referral:** Self-referral

**Fees:** Sliding scale based on income

**Note:** Location varies. Services in English, Farsi, French, Hindi, Portuguese, Spanish, Tagalog, Tamil, Urdu

### Gestalt Clinic

Locations in Toronto, Kitchener, Burlington, Port Credit, Stouffville

**Tel.:** 416 964-9464

[gestalt.on.ca/low-cost-therapy-clinic](http://gestalt.on.ca/low-cost-therapy-clinic)

**Services:** Low-cost therapy from therapists in training who have at least four years of experience

**Referral:** Self-referral

**Fees:** \$40 per session

**Note:** Services in Cantonese, Croatian, Czech, English, French, Hebrew, Hindi, Italian, Mandarin, Portuguese, Punjabi, Russian, Serbian

### Hong Fook Mental Health Association / Toronto Western Hospital

407 Huron Street, 3rd floor, Toronto, ON M5S 2G5

3621 Highway 7 East, Ste. 301, Markham, ON L3R 0G6

1751 Sheppard Ave. East, ground floor, North York, ON M2J 0A4

**Tel.:** 416 493-4242

<https://hongfook.ca/association/our-services/psychotherapy-programs>

**Services:** Individual and group therapy. Services include guided cognitive-behavioural therapy-based self-help, clinical-assisted bibliotherapy, individual/group cognitive-behavioural therapy

**Eligibility:** Age 18+ with a mental health, anxiety, or obsessive-compulsive related concern. **Referral:** Online self-referral or [referral](#) submitted by primary care provider

**Fees:** Covered by OHIP

**Note:** Services in Mandarin, Cantonese, Portuguese, Korean

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## Jewish Family & Child Services

4600 Bathurst St., 1st floor, Toronto, ON M2R 3V3

Tel.: 416 638-7800 ext. 6234

[info@jfandcs.com](mailto:info@jfandcs.com)

[www.jfandcs.com/counselling](http://www.jfandcs.com/counselling)

**Services:** Professional counselling for individuals, couples, families to help manage stress

**Fees:** Sliding scale

## Medical Clinic for Person-Centred Psychotherapy

2040 Sheppard Ave. East, Unit A201, North York, ON M2J 5B3

Tel.: 416 229-2399

Fax: 416 229-9771

[www.medicalpsychclinic.org](http://www.medicalpsychclinic.org)

**Services:** Individual, adult and group psychotherapy provided by general practitioners; couple therapy provided by a psychiatrist; support group for life-management issues

**Eligibility:** Adults only

**Referral:** Physician [referral](#) required

**Fees:** Covered by OHIP

## Sheena's Place

87 Spadina Rd., Toronto, ON M5R 2T1

Tel.: 416 927-8900

<https://sheenasplace.org/programs-registration>

**Services:** Support groups, body image groups, skill-building groups and expressive arts groups

**Eligibility:** Age 17+, families and friends affected by eating disorders; must be living in Ontario to access groups

**Referral:** No referral or diagnosis required

**Fees:** Free

## Sherbourne Health Centre, Counselling Services

333 Sherbourne St., Toronto, ON M5A 2S5

Tel.: 416 324-4100 ext. 5310

[info@sherbourne.on.ca](mailto:info@sherbourne.on.ca)

[sherbourne.on.ca/counselling-services](http://sherbourne.on.ca/counselling-services)

**Services:** Individual and group counselling for anxiety, depression, sadness, anger, substance use, relationship difficulties; family and couple counselling; stress reduction programs

**Eligibility:** Age 18+ with postal code of "M"; priority to LGBTQ+, homeless people, newcomers

**Referral:** Self-referral

**Fees:** Free for people who cannot afford mental health services elsewhere; groups and workshops free unless stated

## START Clinic for Mood & Anxiety Disorders

32 Park Rd., Toronto, ON M4W 2N4

Tel.: 416 598-9344

Fax: 416 598-8198

[administrator@startclinic.ca](mailto:administrator@startclinic.ca)

[www.startclinic.ca](http://www.startclinic.ca)

**Services:** Outpatient assessment and treatment for mood and anxiety disorders; individual and group psychotherapy; mindfulness-based stress reduction

**Eligibility:** Age 18+

**Referral:** GP referral; self-referral for mindfulness

**Fees:** Sliding scale for mindfulness group if doing more than 10 sessions

## Toronto Centre for Cognitive Therapy

36 Toronto St., Toronto, ON M5C 2C5

Tel.: 416 777-6699

[info@cbt.ca](mailto:info@cbt.ca)

<http://cbt.ca/clinic>

**Services:** Brief and long-term cognitive therapy, including eight-week Sleepy Head program for insomnia

**Fees:** Covered by OHIP

## Women's College Hospital, General Psychiatry Program

76 Grenville St., 7th floor, Toronto, ON M5S 1B2

Tel.: 416 323-6400

[www.womenscollegehospital.ca/care-programs/mental-health/#tab-4](http://www.womenscollegehospital.ca/care-programs/mental-health/#tab-4)

**Services:** General psychiatry program for people with various mental health challenges

**Eligibility:** Age 18+

**Referral:** Must have internal referral from a WCH program, except for Day Treatment Program, which accepts external referrals

**Fees:** Free

## Toronto Region: Hospital-based outpatient programs

### Centre for Addiction and Mental Health, Mood and Anxiety Ambulatory Services

Tel.: 416 535-8501 ext. 2

[www.camh.ca/en/your-care/programs-and-services/mood-anxiety-ambulatory-services](http://www.camh.ca/en/your-care/programs-and-services/mood-anxiety-ambulatory-services)

**Services:** Cognitive-behavioural therapy and day treatment groups

**Referral:** [Referral form](#) must be completed by a family physician, psychiatrist or general practitioner (if psychiatrist reports are included); referral form available online, fax to 416 979-6815

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## Hospital for Sick Children, Department of Psychiatry

555 University Ave., Toronto, ON M5G 1X8

Tel.: 416 813-1500

[www.sickkids.ca/en/care-services/clinical-departments/psychiatry](http://www.sickkids.ca/en/care-services/clinical-departments/psychiatry)

**Services:** Individual and group psychotherapy; cognitive-behavioural, supportive and interpersonal therapy

**Eligibility:** Up to age 18

**Referral:** Physician referral required

## Michael Garron Hospital, Consultation, Assessment and Time-limited Therapy Clinic

825 Coxwell Ave., East York, ON M4C 3E7

Tel.: 416 461-8272

[www.tehn.ca/programs-services/mental-health-addiction](http://www.tehn.ca/programs-services/mental-health-addiction)

**Services:** Consultation, assessment, time-limited therapy; day treatment program focused on goal setting and stress management; psychoeducational group for depression; psychogeriatric outpatient service **Eligibility:** Age 18+ living in East York

**Referral:** Physical referral required; referral form available online

**Fees:** Covered by OHIP

## Toronto Region: Youth

Toronto schools often have a designated social worker or other mental health professional available to students. Generally, universities also have counselling services that are free for students.

## LOFT Youth Programs

15 Toronto St., 9th floor, Toronto, ON M5C 2E3

Tel.: 416 979-1994

[info@loftcs.org](mailto:info@loftcs.org)

[www.loftcs.org/programs/supports-for-youth](http://www.loftcs.org/programs/supports-for-youth)

**Services:** Programs for youth under age 25 who have mental health, physical health and substance use challenges; services include dialectical behaviour therapy, skills groups, recovery groups

**Referral:** Youth over age 16 should contact The Access Point ([www.theaccesspoint.ca](http://www.theaccesspoint.ca)) at [info@theaccesspoint.ca](mailto:info@theaccesspoint.ca) or phone 416 640-1934

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## Stella's Place

54 Wolseley St., Toronto, ON M5T 1A5

Tel.: 416 461-2345

[connect@stellasplace.ca](mailto:connect@stellasplace.ca)

<https://stellasplace.ca>

**Services:** Recovery, wellness, peer support, creative arts and clinical services; includes walk-in counselling, individual and group mindfulness-based cognitive therapy, cognitive-behavioural therapy, dialectical behaviour therapy

**Eligibility:** Ages 16–29 living in Toronto

**Referral:** Self-referral

**Fees:** Contact the agency for details

## What's Up Walk-In Clinic

Phone numbers and locations on their website under “Find a location”

[www.whatsupwalkin.ca](http://www.whatsupwalkin.ca)

**Services:** Free walk-in mental health counselling at six locations across Toronto

**Eligibility:** Youth up to age 24 and their families

**Fees:** Free

## Yorktown Child and Family Services

2010 Eglinton Ave. West, Ste. 300, Toronto, ON M6E 2K3

Tel.: 416 394-2424

Fax: 416 394-2689

[info@yorktownfamilyservices.com](mailto:info@yorktownfamilyservices.com)

[www.yorktownfamilyservices.com](http://www.yorktownfamilyservices.com)

**Services:** Short-term counselling, trauma assessment and treatment

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

**Referral:** Self-referral through a walk-in clinic

**Fees:** Free

## YouthLink

636 Kennedy Rd., Scarborough, ON M1K 2B3

Tel.: 416 967-1773 ext. 222 (intake)

[www.youthlink.ca](http://www.youthlink.ca)

**Services:** Cognitive-behavioural and solution-focused therapy, including trauma assessment and counselling for ages 12–21; What's Up Walk-in Clinic (see listing above); expressive art therapy groups

**Eligibility:** Youth and their parents or guardians

**Referral:** Self-referral by calling intake coordinator or accessing What's Up Walk-in clinic

**Fees:** Free

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## Halton Region

### Thrive Counselling

Locations in Burlington, Oakville, Milton and Halton Hills

Tel.: 905 845-3811 (Oakville)

Tel.: 905 637-5256 (Burlington)

[info@thrivecounselling.org](mailto:info@thrivecounselling.org)

<https://thrivecounselling.org>

**Services:** Individual, couple, family, group counselling; support and therapy groups for women and their children who have experienced abuse

**Eligibility:** All ages and genders (specific criteria for some programs)

**Referral:** Self-referral

**Fees:** Sliding scale for individual, couple, family and group counselling; no fee for services for women and their children experiencing abuse (help with transportation and childcare available)

**Note:** Services in English, Portuguese, Spanish, German, Arabic, Romanian, Pashto, Dari

## Peel Region

### Catholic Family Services

1155 Yonge St., Ste. 200, Toronto, ON M4T 1W2

245 Fairview Mall Dr., Ste. 201, Toronto, ON M2J 4T1

Tel.: 905 450-1608 (Brampton); 905 897-1644 (Mississauga); 905 450-1608 ext. 112 (intake)

[www.cfstoronto.com/counselling-program](http://www.cfstoronto.com/counselling-program)

**Services:** Individual, couple and family counselling; mindfulness-based trauma counselling group for women who have experienced trauma and abuse in childhood; counselling for adults who have experienced childhood or partner abuse

**Eligibility:** All ages

**Referral:** Walk-in clinic to access other services and longer-term counselling

**Fees:** First free session is free; sliding scale for long-term counselling

**Note:** Services in multiple languages

### Family Services of Peel

5975 Whittle Rd., Ste. 300, Mississauga, ON L4Z 3N1

Tel.: 905 453-5775

<https://fspeel.org>

**Services:** Counselling for individuals, couples and families; counselling for LGBTTTQ people; individual and group counselling for male survivors of sexual abuse; walk-in counselling for immediate support for people in crisis or seeking information, advocacy or referrals

**Eligibility:** Anyone living or working in Peel Region

**Referral:** Self-referral

**Fees:** Sliding scale; counselling for male survivors of sexual abuse is free

**Note:** Services in more than 20 languages

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## Durham Region

### Durham Region Community Counselling

605 Rossland Rd. East, Whitby, ON L1N 6A3

Tel.: 905 666-6239

[www.durham.ca/en/living-here/counselling.aspx#Request-counselling](http://www.durham.ca/en/living-here/counselling.aspx#Request-counselling)

**Services:** Short-term solution-focused counselling for individuals, groups, couples, families

**Eligibility:** Age 6+, resident of Durham Region

**Referral:** Self-referral

**Fees:** Sliding scale based on income and family size

## York Region

### Family Services York Region

10610 Bayview Ave., Unit 18, Richmond Hill, ON L4C 3N8

25202 Warden Ave., Sutton West, ON L0E 1R0

Tel.: 905 895-2371

[www.fsyrc.ca/services/counselling](http://www.fsyrc.ca/services/counselling)

**Services:** Individual, family, couple and group counselling

**Eligibility:** Age requirements vary by program

**Referral:** Self-referral

**Fees:** Sliding scale based on income and ability to pay

**Note:** Counselling in multiple languages

## Scarborough

### Scarborough Health Network

Three hospitals: Birchmount Hospital, Centenary Hospital, General Hospital

3030 Birchmount Rd., Scarborough, ON M1W 3W3

2867 Ellesmere Rd., Scarborough, ON M1E 4B9

3050 Lawrence Ave. East, Scarborough, ON M1P 2V5

Tel.: 416 495-2400 (Birchmount); 416 284-8131 (Centenary); 416 438-2911 (General)

[patientrecords@shn.ca](mailto:patientrecords@shn.ca)

[www.shn.ca/areas-of-care/mental-health-care/adult-outpatient-mental-health](http://www.shn.ca/areas-of-care/mental-health-care/adult-outpatient-mental-health)

**Services:** Outpatient psychiatry counselling for individuals with serious mental illness and families

**Eligibility:** Age 18+

**Referral:** Must complete intake outpatient [referral form](#)

**Fees:** Contact the organization for details

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