

## York Region - Low-Cost and OHIP-Covered Counselling Services

Organization	Contact Information	Service Details	Population	Cost	Wait-time
<b>Canadian Mental Health Association (CMHA) – York &amp; South Simcoe</b>	Alliston, Aurora, Markham, Newmarket, Vaughan Central Intake: <b>905-841-3977</b> Toll Free: <b>1-866-345-0183 x.3321</b> Email: <a href="mailto:yorkregion@cmha-yr.on.ca">yorkregion@cmha-yr.on.ca</a> <a href="https://cmha-yr.on.ca/">https://cmha-yr.on.ca/</a>	Offer a variety of skills-based groups for individuals with diagnosed serious mental illness	Services primarily for individuals with serious mental illness; Age 16+	No cost.	2-3 months  (Apr 21)
<b>Catholic Community Services of York Region</b>	<b>Main office:</b> 21 Dunlop St, Richmond Hill <b>Other locations:</b> Thornhill, Vaughan, Markham, Aurora, Newmarket, Georgina, Maple, Sutton, & Pefferlaw  <b>Central Intake:</b> 905-770-7040 ext. 241 Toll free: 1-800-263-2075 <a href="https://www.ccsyr.org">https://www.ccsyr.org</a>	Ongoing individual counselling, as well as single-session counselling.  Also offer group programs & workshops	Languages: English, Spanish, Farsi, Cantonese and Mandarin.  Open to York residents.	Sliding scale fee (won't turn anyone away)	2 months for ongoing, can access single-session in interim (2-3x)  (Apr 21)
<b>Community Family Services of Ontario</b>	416-979-8299 Toll Free: 1-866-979-8298 24 hr hotline: 416-979-5898 <a href="https://cfso.care/">https://cfso.care/</a>  <b>Richmond Hill location:</b> 15 Wertheim Court	Individual, couple, family, and group counselling  Also offer settlement services, programs for: violence against women, partner assault response (PAR), problem gambling, substance use, LGBTQ, & family	Services provided in English, Mandarin, & Cantonese	No cost for indiv. therapy; fees for some programs/groups	6 months for indiv. therapy  (Apr 21)
<b>COSTI Immigrant Services</b>	Sheridan Mall, 416-244-7714 Vaughan Centre, 905-669-5627 (only offer English & Italian at this location) <a href="http://www.costi.org/programs/family.php">www.costi.org/programs/family.php</a>	Indiv. & family counselling Also offer: psychiatry, support group for women diagnosed with depression; violence against women support, PAR program	Languages: Spanish, English, and Italian	Sliding scale fee.	English: 7-8 mos Spanish & Italian: 8-9 mos Psychiatry: 1 year
<b>Family Services York Region</b>	<b>Newmarket</b> (905-895-2371) <b>Markham</b> (905-415-9719) <b>Richmond Hill</b> (905-883-6572) <b>Georgina</b> (Sutton West; 905-476-3611) <a href="http://fsyr.ca/">fsyr.ca/</a>	Indiv., couples, & family counseling (up to 12 sessions) Also offer some virtual group programming (men, women, children, language/culturally specific); LGBTQ indiv. & group support  Complete online self-referral.	Languages: English, Cantonese, Farsi, Gujarati, Hindi, Korean, Mandarin, Punjabi, Spanish, Tamil, Urdu, French	Sliding scale fee (based on income)	2-3 weeks for intake call, then waitlist could be 2-3 months  (Apr 21)
<b>GP-Psychotherapy</b>	Locations across Ontario <a href="https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html">https://www.mdpac.ca/cgi/page.cgi/Public/find-a-psychotherapist.html</a>	Online search directory of GP psychotherapists who are currently accepting new patients:  Contact GP psychotherapist directly to inquire	All welcome.	No cost.	Dependent on each therapist
<b>Jewish Family and Child</b>	York Branch - <b>Bathurst/Rutherford</b> Tel: 416-638-7800 <a href="http://www.jfandcs.com">www.jfandcs.com</a>	Indiv., couples, & family counselling Also offer groups & workshops	All welcome. No religious affiliation	Sliding scale fee.	12-14 weeks
<b>Krasman Centre</b>	<b>Newmarket, Alliston, Richmond Hill</b> <b>24/7 Peer Support:</b> 1-888-777-0979 <a href="http://krasmancentre.com/">http://krasmancentre.com/</a>	Offers peer support counselling on a walk-in basis, (support with addictions, mental health, & housing).	York Region.	No cost.	Walk-in.

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<b>Vaughan Community Health Centre</b>	<b>Jane/Rutherford</b> Tel: 905-303-8490 <a href="http://vaughanhealthcarehc.com/">vaughanhealthcarehc.com/</a>	Indiv. counselling, Also offer group programming (anxiety group, caregiver support group)	Open to York region.	No cost.	Unknown.
<b>Women's Centre of York Region</b>	<b>Newmarket</b> Toll Free: 1-855-853-9270 Central Intake: 905-853-9270 x. 111 <a href="http://www.wcyr.ca/">http://www.wcyr.ca/</a> <i>Call Central Intake on Thurs mornings (10am-12pm)</i>	Indiv. counselling for women who have experienced abuse Also offer: Transitional support counselling for women leaving abusive relationship; group programming (wellness, employment & financial empowerment)	Women (18+). Resident of York Region.	No cost.	4 months.

## Other Mental Health Resources for York Region

<b>Telephone &amp; Mobile Mental Health Crisis Support (24-hr)</b>	<b>1-855-310-COPE (2673)</b> or (TTY) 1-866-323-7785 (York Region & South Simcoe; phone support to North York) <b>Krassman Centre 24/7 Peer Support</b> Phone Line	<a href="http://www.yssn.ca/Crisis-Response-Services">http://www.yssn.ca/Crisis-Response-Services</a>	<b>1-888-777-0979</b>
<b>Streamlined Access</b>	<b>Central intake</b> point for applying to mental health case management, community support, and supportive housing agencies in York Region <a href="http://www.yssn.ca/streamlined-access">www.yssn.ca/streamlined-access</a> <b>Tel: 289-340-0348</b> <b>Toll Free: 1-844-660-6602</b> (You can call Mon to Fri, 8:30am - 4:30 pm) <b>Online Application:</b> <a href="https://streamlinehub.yssn.ca/referralForm_0.php">https://streamlinehub.yssn.ca/referralForm_0.php</a>		
<b>Search Tools for York Region</b>	<ul style="list-style-type: none"> <li>• <b>One Stop Shop Directory:</b> <a href="http://onestopdirectory-yr.ca/">onestopdirectory-yr.ca/</a></li> <li>• <b>York Region on a Budget</b> (info re: local community resources): <a href="http://bit.ly/York_Budget">bit.ly/York_Budget</a></li> <li>• <b>Health Line, York Region:</b> <a href="http://www.centralhealthline.ca/index.aspx?region=YorkRegion">www.centralhealthline.ca/index.aspx?region=YorkRegion</a></li> <li>• <a href="http://ementalhealth.ca">ementalhealth.ca</a> – Canada-wide directory; Also provides general mental health info</li> </ul>		