

Mental Health Resources



ONLINE RESOURCES

BounceBack

BounceBack is a free self-help program for individuals 15 and older dealing with mild-to-moderate anxiety, depression, stress, or irritability. As a life-skills program, it does not provide crisis service or counseling, as it is designed to help participants build coping techniques for current and future challenges.

Website: bouncebackontario.ca

Mind Beacon

Mind Beacon is a virtual mental health clinic offering a free, Therapist-Guided Program based on Cognitive Behavioural Therapy (CBT). Through readings, exercises, and activities, it helps build resilience and coping skills for managing mental health concerns.

Website: mindbeacon.com

Email: help@mindbeacon.com

TeleCBT

TeleCBT is a Canadian online counseling service that specializes in the use of cognitive behavior therapy (CBT). They offer OHIP-Covered Therapy as well as Private Therapy.

Website: telecbt.ca

Togetherall (Big White Wall)

Togetherall is a 24/7 online mental health support service that ensures complete anonymity for open expression. Professionally trained Wall Guides monitor the community for safety, while members can access resources and self-help courses on topics like anxiety, sleep, weight management, and depression.

Website: togetherall.com/en-ca

MD-LED COUNSELLING:

Please call the clinic(s) for more information and appointment booking.

Mindfulness Based Stress Reduction (MBSR)

Doctor: Paulette Licorish MD

Address: Unit 215 Wycliffe Village Plaza, 9019 Bayview Ave. Richmond Hill, ON. L4B3M6

FREE RESOURCES

UofT OSIE Psychology Clinic:

The OISE Psychology Clinic provides psychological assessment and psychotherapy services to children/adolescents and adults for emotional, social, interpersonal and academic concerns.

Website:

oise.utoronto.ca/psychology-clinic

Email: oiseclinic@utoronto.ca

Phone (Clinic): (416) 978-0620

Phone (Adults): (416) 978-0654

Phone (Children/Adolescents): (416) 978-0678

Employee Assistance Services (EAS):

Health Canada's EAS provides support for workplace wellness, including Employee Assistance Programs, trauma, and post-incident aid for federal departments. It also offers specialized programs for at-risk employees.

Phone: 1-800-268-7708, or 1-800-567-5803 (digital service for individuals who are deaf or hard of hearing)

TRIPLE PARENTING PROGRAM

(Associated Youth Services of Peel)

160 Traders Blvd. E. Suite 100
Mississauga, ON. L4Z 3K7

Phone (Toll-Free): 1-800-762.8377 **Fax:** 905-890-5230

Phone: 905-890-5222 **Email:** general@aysp.ca

Nafs healing – Asiya Shaikh

Specializes in trauma, depression, anxiety, parent child issues, and life-coaching. Brief therapy oriented model (7-10 sessions).

Website: nafshealing.ca

Email: asiya@nafshealing.ca

Phone: (289) 652-2537

Lifemark – Seniors Wellness

Rehabilitation services specifically designed to meet the needs of seniors in long-term care and retirement homes.

Website: lifemarkseniorswellness.ca

Email: seniorswellness@lifemark.ca

Phone: 1-877-696-1620

Centre of Healing Mind

Centre of Healing Minds is a full service counselling centre in Mississauga offering individual, couple, family psychotherapy through licensed professionals.

Website: centreofhealingminds.com

Email: info@cohm.ca

Phone: (657) 779-9644

York University Psychology Clinic (YUPC):

YUPC provides a range of leading-edge, effective mental health services to keep people of all ages living healthy, productive lives. Associated with the Department of Psychology in the Faculty of Health at York University.

Website: yorku.ca/health/yupc

Email: yupc@yorku.ca

Phone: (416) 650-8488

Stella's Place

Offers free mental health services for young adults (16-29), including peer support, clinical services, employment assistance, wellness, art, and recovery programs. The goal is to empower young adults with skills, community, and tools to manage their mental health.

Website: stellasplace.ca

Email: connect@stellasplace.ca

Phone: (416) 461-2345

PSYCHOTHERAPY (PAID/INSURED)

Connectful Psychotherapy – Abeer

Faruqi

Virtual and in-person, fees given after 15 min free consultation. Incorporates evidence-based Cognitive Behavioural Therapy (CBT), and elements of Mindfulness and Existential psychotherapies.

Website: connectful.org/psychotherapy

Email: abeer@connectful.org

Phone: (289) 242-9229

Khalil Center

A psychological and spiritual community wellness center advancing the professional practice of psychology rooted in Islamic theology.

Website: khalilcenter.com

Email: Info@KhalilCenter.com or Toadmin@KhalilCenter.com (Toronto)

Phone: (416) 901-2244

Crisis Hotline: 1-855-543-5752

Stella

Free access to mental health resources, tools and videos. Psychotherapist available 120\$/55 minutes.

Phone (Toll Free): 1-800-365-6210

Psychotherapist (PhD) Based in Ahmedabad

LILY: +91 78741 46462

Psychologist-Rupali Mohbe: +919522555703 (Practices NLP and hypnotherapy) 24/7 booking