

PSYCHOTHERAPY RESOURCES



Low-Cost Psychotherapy/Counselling

Centre for Training in Psychotherapy

Offered by therapists in training, who are near completion of their CTP training.

✉ ctptherapyreferralservice@gmail.com

☎ (416) 964 - 7919

🌐 ctp.net/ctp-referral-service

The Create Clinic

Provides expressive arts therapy at a rate of \$40 per session. Led by senior-level students and new graduates.

✉ thecreateclinic@gmail.com

☎ (416) 539 - 9728

🌐 thecreateinstitute.org/create-clinic

Transformation Counselling

Provides online free and low-cost counselling across Ontario.

✉ admin@transformationcounselling.com

☎ (519) 954 - 4900

🌐 transformationcounselling.com

Hard Feelings

Offers low-cost, limited-term counselling for folks who face financial barriers.

✉ navigation@hardfeelings.org

☎ (647) 740 - 3335

🌐 hardfeelings.org/counselling

Radcliff

Offers 5 free sessions with practicum student therapists. Afterward, you may continue at \$50 plus HST per session.

✉ admin@angerandanxiety.com

☎ (289) 801 - 4133

🌐 angerandanxiety.com/free-and-low-cost-therapy

Gestalt Institute of Toronto

The Gestalt student clinic offers therapy at a rate of \$45 per session.

✉ clinic@gestalt.on.ca

☎ (416) 964 - 9464 Ext. 18

🌐 gestalt.on.ca/low-cost-therapy-clinic

Church Wellesley Counselling and Psychotherapy

Offers low-cost therapy for communities who have historically faced barriers to care.

✉ info@cwcp.ca

☎ (647) 358 - 5815

🌐 cwcp.ca/cwcp/low-cost-therapy

U of T – OISE Student clinic

Offers fee accommodations for most of their course-based psychological assessment and psychotherapy services

☎ (416) 978 - 0654 - Leave a message

🌐 oise.utoronto.ca/psychology-clinic

Centre for Interpersonal Relationships

Reduced Cost Services Program provides therapy and assessment services for adults.

✉ admin@cfir.ca

☎ (1)855-779-2347

🌐 cfir.ca/who-we-help/variable-fee-options

Need Help Finding a Psychotherapist?

If you are seeking regular cost services but struggle to find the right professional, use these websites to connect with a therapist that aligns with your specific needs.

Psychology Today

🌐 psychologytoday.com/ca/therapists/ontario

OPPC Psychotherapy Network

🌐 referrals.psychotherapyandcounseling.ca




PSYCHOTHERAPY FREE RESOURCES





Free Psychotherapy/Counselling

Family Service Toronto

Free Walk-In single session


 In-Person: 355 Church Street, 3rd floor
Virtual: Telephone or Video session


 (416) 595 - 9618


 familyservicetoronto.org

CAMH - Ontario Structured Psychotherapy (OSP) Program

free short-term cognitive-behavioural
therapy with a psychotherapist


 osp.info@camh.ca


 (416) 535 - 8501 Ext. 36777

 camh.ca

Toronto Community Psychotherapy Centre (TCPCC)

Offers a maximum of 6 sessions, each lasting
for 50-60 minutes, to Ontario residents who
demonstrate financial difficulties.

 Contact Via Online Application

 [torontopsychotherapy.org/free-
counselling-services](http://torontopsychotherapy.org/free-counselling-services)

Other Free Resources


DBT Self Help

Free resource for learning Dialectical
Behavior Therapy (DBT) skills. Access
tools for mindfulness, emotion
regulation, and distress tolerance.

 dbtselfhelp.com

Bereaved Families of Ontario


Offers free peer support groups and
one-to-one sessions for anyone
grieving the loss of a loved one.

 bfotoronto.ca



Pine River Institute

Offers a library of free parenting videos led by
mental health experts. Get professional guidance
on emotional regulation, digital safety, and
building a stronger connection with your child.


 [pineriverinstitute.com/community-
resources/masterclass](http://pineriverinstitute.com/community-resources/masterclass)

NEED HELP NOW?

If you or someone you know is in immediate danger or
experiencing a mental health emergency, please reach out to:

GERSTEIN CRISIS CENTRE

Call their 24/7 crisis line for
community-based support.

 (416) 929 - 5200

 gersteincentre.org

EMERGENCY SERVICES

- Call **911** or go to your nearest
Emergency Room.

CRISIS SUPPORT (24/7)

- Call or Text 9-8-8 for mental
health or emotional crises.

