

*The list of resources provided here are for information purposes only and do not constitute an endorsement by CAMH or guarantee any particular outcome or result.*

# Walk-In Counselling for Adults

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## Family Service Toronto

128A Sterling Road, Suite 202, Toronto, ON

**Website:** <https://familyservicetoronto.org>

**Phone:** (416) 595-9618

**Eligibility:** 18 years+, no health card or ID required, for those who live or work in the GTA

**Hours:** Wednesdays 3:30-7:30pm

**Notes:** please call (416) 595-0307 ext. 269 to inquire about the times when service is offered in languages other than English. No childcare available.

## Catholic Family Services Toronto

**Location A:** Central Toronto Office at 1155 Yonge Street, Suite 200, Toronto, ON **Phone:** (416) 921-1163

**Location B:** North Office at 5799 Yonge Street, Suite 300, Toronto, ON **Phone:** (416) 222-0048

**Website:** [www.cfstoronto.com](http://www.cfstoronto.com)

**Eligibility:** Anyone in the city of Toronto with an urgent need to speak to a counsellor.

**Hours:** Location A – Tuesdays 9am-7pm; Location B – Thursdays 9am – 7pm

## WoodGreen Community Services

815 Danforth Ave., Suite 202, Toronto, ON

**Website:** <http://www.woodgreen.org>

**Phone:** (416) 572-3575

**Eligibility:** 18 and up

**Hours:** 430 – 830 pm on Tuesdays and Wednesdays (latest arrival at 645pm)

## LAMP Community Health Centre

185 Fifth Street, Etobicoke, ON

**Website:** <http://www.lampchc.org/content/social-work-programcounselling-services>

**Phone:** (416) 252-9701 ext. 235

**Eligibility:** youth, adults

**Hours:** Monday 1-4, Thursdays 4-7

## Sherbourne Health Centre

333 Sherbourne St, Toronto, ON

**Website:** [www.sherbourne.on.ca](http://www.sherbourne.on.ca)

**Phone:** (416) 324-4100

**Eligibility:** Focus on persons who are underhoused, homeless or have a low income; persons who identify as lesbian, gay, bisexual or trans (LGBTQ); newcomers to Canada