



ONLINE & TELEPHONE COUNSELLING SUPPORT

Beacon Digital Therapy (iCBT) (Free for residents of Ontario)

https://info.mindbeacon.com/btn542?utm_campaign=CVD&utm_source=ongov&utm_medium=web&utm_content=en

Morneau Shepell AbilitiCBT (iCBT) (Free for residents of Ontario – concerns must be related to pandemic)

<https://ontario.abiliticbt.com/home>

Wellness Together Canada (individual counselling, self-guided courses and apps, online community of support and coaching)

<https://ca.portal.gs/>

WIRTH HATS Counselling Program - #WIRTHStayingIn Initiative (8 Free Counselling Sessions for individuals who are unable to afford counselling, limited spots available)

<https://wirthhats.com/counsellingprogram/>

Pay What You Can Digital Group Therapy (Online Group Counselling)

<https://www.paywhatyoucangrouphtherapy.com/>

Talk 2 NICE (Community Outreach for Seniors and disabled community members)

<http://www.nicenet.ca/talk2nice>

BounceBack (Free skill building program managed by CMHA designed to help adults and youth 15+ manage low mood, mild to moderate depression and anxiety; stress or worry – self directed with telephone coaching)

<https://bouncebackontario.ca/>

CMHA Peel Dufferin (Virtual Services including groups, telephone support, and if deemed urgent, a community visit to assist the individual)

<https://cmhapeeldufferin.ca/>

905-451-2123 or 1-877-451-2123