

RESOURCES

*If you are in **crisis** and need someone to talk to, you can call any of the below distress lines. You can access these services anonymously. They can help with both in-the-moment counselling and referrals to longer-term care and support.*

Fem'aide: service en français; <http://femaide.ca/> ou 1-877-FEM-AIDE

Gerstein Distress Centre: a free and anonymous 24h mental health helpline. They also operate a mobile crisis unit and a limited number of residential crisis beds; <http://gersteincentre.org/> or 416-929-5200

TransLifeline: a free and anonymous peer support line by and for trans people; available 10am to 4am EST every day of the week; <https://www.translifeline.org/> or 1-877-330-6366

Support for Male Survivors of Childhood Abuse: a 24h multilingual support line; https://www.attorneygeneral.jus.gov.on.ca/english/ovss/male_support_services/ or 1-866-887-0015

*If you are on a limited income and looking for **counselling**, the following organizations offer low cost therapy.*

Hard Feelings: a social enterprise offering professional counselling on a sliding scale from 50-80 CAD per session, with a limit of 12 sessions; <https://www.hardfeelings.org/counselling/>

Toronto Institute of Relational Psychotherapy: while TIRP students are training to be professional therapists, they offer psychotherapy for 25 CAD per session; <https://www.tirp-lowcost-therapy.ca/>

OISE Counselling Clinic: students in OISE's M.Ed in counselling psychology offer sliding scale sessions supervised by credentialed psychologists; <https://www.oise.utoronto.ca/oise/Home/>

The 519: LGBTQ folks seeking cheap or free therapy can request to be connected to a volunteer therapist via The 519's Trauma-Informed Counselling Services; <http://www.the519.org/programs/community-counselling>

The Affordable Therapy Network of Toronto: a listing of private therapists who offer sliding scale rates in their practice; <https://www.affordabletherapytoronto.com/therapists.html>

*If you are in need of **legal advice and information**, the following free services are available.*

The Law Society of Ontario offers a free referral service where you can access 30min of free legal advice from a lawyer or paralegal; <https://lsrs.lso.ca/lsrs/welcome>

Legal Aid Ontario provides legal assistance for low income people in Ontario; they have a listing of Community Legal Clinics that operate in the GTA and specialize in various areas of law; <https://www.legalaid.on.ca/en/>

Federation of Metro Tenants Association offers a hotline for people with questions about their rights related to housing; 416-921-9494 or <https://torontotenants.org/services/hotline>

*If you are looking for **low cost health services and bodywork**, the following services offer inexpensive access to acupuncture, massage, naturopathy and other complementary health services.*

Six Degrees Health offers community acupuncture (acupuncture received in a room while other people are receiving treatment) at rates of between 30 and 50 CAD per session; <http://sixdegreeshealth.ca/>

Roncesvalles Walk In Naturopathic Clinic offers naturopathy at sliding rates between 25 and 50 CAD; <https://theherbalclinicanddispensary.com/winclinic/>

Yoga Village offers pay what you can yoga classes, suggested donation between 15 and 25 CAD per class; <https://yogavillage.ca/>

The Sutherland-Chan Massage School offers a student clinic where massage therapists in training offer 60min sessions for 42 CAD; <https://sutherland-chan.com/teaching-clinic/>