

Community Resources in Response to COVID-19

Provided for information only, without recommendation.

Updated May 29, 2020

COVID-19 Information	Government of Canada	Link
	Public Health Ontario	Link
	Toronto Public Health	Link
	World Health Organization	Link
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Therapy	Talkspace - offering \$100 off their plans	Link
Therapy	BetterHelp offers \$40 to \$70 weekly plans (can also be via text or chat - not just video call) - US-based, but clients can be worldwide	Link
Therapy	Inkblot - virtual therapy sessions	Link
Therapy	Shift Collab - in-person and online options	Link
Therapy	Balanced Mind and Wellness Inc. - phone and secure video counselling in GTA. Psychotherapy & Naturopathic Services.	Link
Therapy	Affordable Therapy Network - offering reduced rates, low-cost, sliding scale online therapy options	Link
Therapy	Pathway-Therapy, in-person and online options. Currently offering sliding-scales to support a wider range of people during COVID-19	Link
Therapy	Open Path Collective - offering sliding scale individual (\$30-\$60) and couples and families (\$30-\$80) therapy options	Link
Therapy	Toronto Institute for Relational Psychotherapy - Low-cost therapy	Link
Therapy	Hard Feelings - affordable shorter-term therapy	Link