

Learn more about

One Stop Talk



ABOUT THE PROGRAM

One Stop Talk offers children, youth (within 18 years of age) and their families immediate access to free mental health support. The program provides single session counselling support and ensures direct referral to additional service when needed. Services are provided through an integrated network of infant, child and youth mental health agencies across Ontario.



KEY INFORMATION



HOURS OF OPERATION (EST):

Monday to Friday:
12 PM to 8 PM

Saturdays :
12 PM to 4 PM



EASY TO ACCESS

Access the program online or by phone and be connected to a professional clinician for a session of brief therapy



SESSION DURATION

1-hour long and typically focus on a single issue



WAITLIST POSITION

You will not lose your position on our waitlist by using this program



SESSION OUTCOME

You receive access to help right away and can co-develop an action plan with the clinician

TO BEGIN YOUR SESSION



Online chat option for
(audio and video call):

www.OneStopTalk.ca



For the phone option, call:

1 (855) 416-8255 or
1 (855) 416-TALK