

Learn more about

One Stop Talk

NEW
PROGRAM

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.



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

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