

**Get the
support
you need
when you
need it.**



One Stop Talk offers children, youth (18 years and under) and their families immediate access to free mental health support. We provide single session counselling and direct referrals to other services when needed.

These services are provided through a network of Ontario-based infant, child and youth mental health agencies.

**To connect with a clinician,
visit [OneStopTalk.ca](https://www.onestoptalk.ca) or call
1.855.416.8255**

One StopTalk