



**FAMILY SERVICE TORONTO**  
**VIRTUAL COUNSELLING WALK-IN**  
OUR MENTAL HEALTH RESPONSE TO **COVID-19**

## **SINGLE SESSION VIRTUAL COUNSELLING**

Community members are invited to access our virtual counselling program weekdays from 9 a.m. to 6 p.m. by calling our Service Access Unit at 416.595.9618. Our counsellors offer a single telephone session.

The counselling session is about 50 minutes and is open to all persons 18 years of age and older. As available, a counsellor will return the call between 11:30 a.m. and 6:30 p.m. daily.

Any callers who may need crisis support will be directed to the appropriate service.