

what's up walk in[®]

BRIEF MENTAL HEALTH COUNSELLING

We offer free brief mental health support to infants, children, youth, young adults (up to age 29) and families.

In-Person Sessions

Monday 2 PM – 8 PM
Tuesday 9:30 AM – 5 PM
Thursday 12 PM – 8 PM
Friday 11 AM – 5 PM



1200 Markham Road, Suite 200,
Scarborough, Ontario M1H 3C3

Virtual Sessions

Wednesday 9:30 AM – 5 PM
Friday 2 PM – 8 PM
Saturday 10 AM – 4 PM



For phone or video sessions,
please call us at 416-438-3697
ext. 0 for reception.

- **Languages offered: English, Tagalog, Mandarin**
*Interpretation can be planned in advance
- Registration closes 1h 30 mins prior to the end of in-person service hours.
- No appointment is necessary; first come, first served.
- Face masks are available for in-person sessions.
- Services closed on statutory holidays.