

# 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

Mon. – Thur. 12 PM – 8 PM

Friday 12 PM – 5 PM

Saturday 10 AM – 4 PM



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

### Virtual Sessions

Friday 2 PM – 8 PM



For phone or video sessions,  
please call us at 416-438-3697,  
press 1 and then enter ext.  
12230 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.