

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.

No appointment necessary; first come, first served.

In-Person Sessions

Mon. – Thur. 12 PM – 8 PM
Last registration 6:30 PM


Friday 12 PM – 5 PM
Last registration 3:30 PM

Saturday 10 AM – 4 PM
Last registration 2:30 PM

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

Virtual Sessions

Friday 2 PM – 8 PM
Last registration 6:30 PM

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

- **Call to schedule sessions in Tagalog, Mandarin, Cantonese, Bengali**
*Interpretation in other languages can be planned in advance.
- Services closed on statutory holidays.
- Capacity at times reached before last registration.
- Face masks are available for in-person sessions.