

**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

Learn more about

One Stop Talk



ABOUT THE PROGRAM

One Stop Talk offers children, youth (within 18 years of age) and their families immediate access to free mental health support. The program provides single session counselling support and ensures direct referral to additional service when needed. Services are provided through an integrated network of infant, child and youth mental health agencies across Ontario.



TO BEGIN YOUR SESSION



Online chat option for
(audio and video call):
www.OneStopTalk.ca



For the phone option, call:
1 (855) 416-8255 or
1 (855) 416-TALK

KEY INFORMATION



HOURS OF OPERATION (EST):

Monday to Friday:
12 PM to 8 PM
Saturdays :
12 PM to 4 PM



EASY TO ACCESS

Access the program online or by phone and be connected to a professional clinician for a session of brief therapy



SESSION DURATION

1-hour long and typically focus on a single issue



WAITLIST POSITION

You will not lose your position on our waitlist by using this program



SESSION OUTCOME

You receive access to help right away and can co-develop an action plan with the clinician