

Individual Therapy Resources for BIPOC Community

OHIP-covered therapy services

Taibu Community Health Centre - www.taibuchc.ca/

27 Tapscott Rd (Neilson Rd, North of Sheppard Ave in Scarborough)

Tel: 416-644-3539

- Community health centre in Scarborough area, that serves the Black community across GTA. They offer individual therapy, can be offered in-person or by phone.
- **No cost to therapy services.**
- **Referral process:** Self-referral, call the phone number above and explain that you are interested in therapy services.
- They have a wait list, but weren't able to provide an estimate waiting time, will inform individual when they call in.

Tropicana Community Services - <https://tropicanacommunity.org/individual-family-counselling/>

1385 Huntingwood Drive, Scarborough

Tel: (416) 439-9009

- Community agency that aims to serve the Caribbean, Black and African communities of Toronto.
- They offer individual and family counselling, as well as some group therapy services.
- **Cost:** \$10/session
- **Referral process:** Self-referral, call the phone number above
- *Note: I'm waiting to hear back to confirm if they will accept clients living across the GTA, and to confirm expected wait time.*

Women's Health in Women's Hands - www.whiwh.com/mental-health-services

Yonge/Carlton; 416-593-7655

- Community health centre that serves racialized women. They offer individual therapy as well as a number of therapy groups.
- They are currently open to new referrals for group therapy only; at least 6 months wait
- **Referral process:** Self-referral, must fill out an intake form (which can be picked up in person at 2 Carleton Street, or downloading from website at: <https://www.whiwh.com/clinical-services> and drop off completed form at clinic)
- **No cost to services**

Private Therapy Resources

Psychology Today

- Online directory of registered therapists. You can refine your search to specific issues/concerns (including racial identity) and can refine by therapist characteristics as well (such as gender, race). Here is a refined search for black therapists in Toronto who work with racial identity: <https://www.psychologytoday.com/ca/therapists/on/toronto?category=black-canadian&spec=584>

Black Therapist List - <https://www.blacktherapistlist.com/>

- Online directory of black therapists.
- Please note that having a listing in this directory is not a specific endorsement. The website encourages individuals to do their due diligence when selecting a therapist.

Healing In Colour - <https://www.healingincolour.com/>

- Similar to Black Therapist List, this is an online directory of BIPOC therapists. The site itself is just a directory and they do not endorse therapists and cannot match clients with specific therapists.

The Healing Collective - <https://www.healingcollective.ca/>

2005 Danforth Ave.

- This is a collective of psychotherapists and wellness professionals in the East End of Toronto, who aim to meet the therapeutic needs of the community. They have several BIPOC therapists and an overall aim to promote inclusion and equity in therapy services.
- Wait time and cost will depend on the therapist, some offer sliding scale options

Therapist-matching Services:

Green Space (<https://www.greenspacehealth.com/en-ca/patients>)

- This platform matches individuals with private therapists in Ontario based on fit. It is free to register for matching, but the cost for therapy is between \$100-250/session.
- Process: Create an account online, fill out a questionnaire, and a case manager will be in touch (by phone or email, depending on what you prefer) within 48 hours to provide therapist recommendations. Therapists are covered by most insurance plans.

Layla (www.layla.care)

- This platform matches individuals with private therapists based on fit in Toronto, Durham, York, Peel, Halton and Hamilton. Most therapists offer virtual services. It is free to register for matching and all therapists charge \$150/session.
- Process: Fill out a brief questionnaire online and book a 20 minute phone call with a Layla service manager to discuss your situation. The service manager will then make specific therapist recommendations based on your preferences. Therapists are covered by most insurance plans.