

Uncomfortable going back to school?

Something bothering you?

Need to talk?

Virtual
WALK
IN 
Counselling

Free immediate mental health single session counselling

CALL 647-619-9030
TO SCHEDULE A
VIRTUAL (PHONE & VIDEO)
COUNSELLING SESSION

Offered in Cantonese, Mandarin, English for age 12 to 25



VIRTUAL

COUNSELLING

How can I have a session?

Please call 647-619-9030 for more information or to book your session. We will schedule you in for a 45 – 60 minutes phone or video counselling session. We speak Cantonese, Mandarin and English.

How long will I have to wait for a session?

Your session will be scheduled to happen within 5 business days.

What platform will be used for video counselling?

We use OTN (Ontario Telemedicine Network), a private and secure platform used by many health care practitioners in Ontario to communicate with and care for patients, and connect with peers and specialists. We also use Microsoft Teams.

What equipment do I need for video counselling?

A computer, a webcam, and stable internet. Or, a smartphone or tablet with the download of an App. If possible, set up in a private space you feel comfortable to speak openly in.

What can I expect if I choose phone counselling?

You will receive a call from a Clinician named “No Caller ID” at your scheduled time.

When can I come to the Walk-In in-person again?

We are closely following provincial re-opening guidelines. Announcements will be made on our website and social media when in-person service is available again. For now, all services continue to be offered virtually first.

What languages will be offered?

Cantonese, Mandarin and English

Who do you offer services to?

We offer counselling to Asian youth age 12 to 25 living in Toronto and York Region.

What are the qualifications of the Clinician?

Your Clinician is qualified and trained to provide mental health counselling. Your Clinician is registered with their professional College.