

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

One Stop Talk is committed to be an inclusive service for every child, youth and their family across Ontario.

KEY INFORMATION



HOURS OF OPERATION (EST):

Monday to Friday:
12PM - 8PM
Saturday:
12PM - 4PM



EASY TO ACCESS

Access the program online or by phone to connect with registered mental health professionals for a session of brief therapy



SESSION DURATION

1-hour long and typically focus on a single issue



INTERPRETERS AVAILABLE

Services are offered in English and French. You can also request an interpreter before connecting with our therapists for a conversation in your preferred language



SESSION OUTCOME

You receive access to help right away and can co-develop an action after a therapy session

