

A photograph of a man with a beard and glasses, wearing a red tank top, smiling and looking upwards. A woman with curly hair is sitting on his shoulders, smiling and looking down at him. The background is a plain, light-colored wall.

**Find help
where you
want, when
you want.**

**Access free single-session
couselling and connect to
ongoing mental health support
in your community.**



One stop Talk offers children and youth (aged 0-17) across Ontario immediate access to free mental health support and direct referrals to local services, if needed.

One Stop Talk is provided through a network of Ontario-based infant, child and youth mental health agencies.



To connect with a therapist, visit
OneStopTalk.ca or call **1.855.416.8255**

One StopTalk

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

