

**MENTAL HEALTH T.O.**

access for infants, children, youth & families



1-866-  
585-  
6486  
(MHTO)

**NEW!**

**SINGLE ACCESS NUMBER  
FOR CHILD, YOUTH &  
FAMILY COUNSELLING**



**COUNSELLING IS AVAILABLE  
BY PHONE AND VIDEO**

**CALL MHTO  
1-866-585-6486  
(MHTO)**

- **Referrals welcome**
- **FREE** mental health counselling for infants, children, youth and families
- **No fee. No appointment**
- MHTO agents connect callers to qualified counsellors
- 9AM to 7PM - Monday to Friday
- **Use this number to reach What's Up Walk-In counselling**