



About Us

Shanti Psychotherapy Clinic provides mental health and wellness services that are inclusive to all communities, and specializes in South Asian Mental Health. We offer both in person and virtual sessions for:

- Adult and Teen Therapy
- Family Therapy
- Couples Counselling
- ADHD/Learning Disabilities and Academic Coaching
- Consulting

More Information :



416-605-9025



647-722-4575



hello@shantipsychotherapy.ca



www.shantipsychotherapy.ca

You can explore funding options for Private Therapy through:

- Your post secondary education insurance plan
- Coverage if you are a client of Ontario Works (OW), Ontario Disabilities Support Program (ODSP), or Public Health by asking your worker.
- Shanti offers reduced fees and sliding scale options to college/university and international students.

Accessing South Asian Mental Health Supports



Free Distress and Support Numbers

24hrs/7days per week

Text **HOME** to 686868 (Canada-wide)

Toronto Distress Centre

(416) 408-HELP

Kids Help Phone

1-800-668-6868; text HOME to 686868
(Canada-wide)

Good to Talk

1-866-925-5454

Telehealth

24hour, 7 days a week:

Toll Free 1-877-280-8538

911

Ask your family doctor to refer you to OHIP covered services

Immediate mental health counselling for children, youth, young adults with their families, and families with infants.



Free In-person and Virtual Mental Health Counselling



OHIP Covered Services



South Asian Community Health Services

(647)718-0786

Punjabi Community Health Services

(905)677-0889

Brampton Multicultural Community Centre

(905)790-8482

Malton Neighborhood Services

(905)677-6270

The South Asian Women's Centre

Email: info@sawc.org

South Asian Autism Awareness Center

Info@torontofoundation.ca

Indus

Email: info@induscs.ca

By Campus Insurance Options

Algonquin College	Up to \$2000 for out patient psychologist/psychotherapy care
Niagara College	Up to \$2000 for out patient psychologist/psychotherapy care
Queens University	Free access to Empwr me psychologists, counsellor or practitioner with a Master's degree in Social Work: 90% per visit, annual maximum of \$1000
Fanshawe College	\$1,000 combined maximum benefit per student year for a psychologist, psychoanalyst or social worker
McMaster University	80% up to \$300 each year for clinical psychologist, psychotherapist or speech therapist
University of Toronto	Health and Dental Plan: Mental health practitioners up to \$100/visit and 15 visits/policy year
Toronto Metropolitan University	Services with psychologists, social workers and psychotherapists are covered to a maximum of \$1000
York University	YSF Health and Dental Plan – \$125 per visit up to 15 visits
Humber College	80% up to \$300 covered per year for a psychologist
George Brown College	80% up to \$1,000 for services of a clinical psychologist, psychotherapist (including RSW and MSW socialworkers
Seneca College	The We Connect Student Assistance Program (SAP) provides eligible students and their dependants with short-term therapy and counselling
OCAD	100% per visit covered for a max of 1000\$ yearly
Ontario Tech	100% covered for a max of \$500 yearly
Centennial College	\$500 combined maximum for a clinical psychologist or speech therapist
Trent University	Combined maximum of \$1,000 per benefit year for psychologist, psychotherapist, social worker(MSW), speech therapist*
University of Waterloo	80% covered per visit for a max of \$500 yearly for psychologists, clinical counsellors, psychotherapists and MSW
Wilfred Laurier University	\$100 per visit for a max of \$1000 yearly for psychologists, clinical counsellors, psychotherapists and MSW
Conestoga College	70% up to \$300 each year for clinical psychologist or psychotherapist

*up to date as of the day they are printed; please also research insurance options