

MENTAL HEALTH T.O.
access for infants, children, youth & families



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