

Guelph Mental Health Cheat Sheet

FREE
Download

Free programs, real wait times, and the exact steps to get help — no referral needed for most of it.

HOW TO USE: Start at Step 1. Follow the path that matches your situation. Share with anyone who needs it.

9-8-8 Suicide Crisis Helpline — Call or Text, 24/7, Free & Confidential

If you or someone you know is in crisis, use this number first. No other steps required.

STEP 1 — OTHER CRISIS RESOURCES

519-821-2060 CMHA Waterloo Wellington
Crisis line, 24/7

911 Emergency Services
If in immediate danger

STEP 2 — DO YOU HAVE A FAMILY DOCTOR?

YES — Ask your GP for:

- A referral to Ontario Structured Psychotherapy (OSP)
- A BounceBack program referral
- A psychiatry referral (if needed)
- Your PHQ-9 / GAD-7 score to track progress

NO — Skip to Step 3. No GP needed.

Find a GP: health811.ontario.ca | Health Care Connect: 1-800-445-1822

STEP 3 — FREE PROGRAMS (NO REFERRAL NEEDED)

Ontario Structured Psychotherapy (OSP)
Free CBT therapy, OHIP-covered. Online or in person. **4-8 wks**

BounceBack
Free phone coaching for anxiety & depression, age 15+. **1-3 wks**
bouncebackontario.ca

Connex Ontario
Free navigator — live help finding ANY local service. **Same day**
1-866-531-2600 | connexontario.ca

WAIT TIME REALITY CHECK

Option	Typical Wait	Cost	Referral?
OSP / BounceBack (free)	4-8 weeks	\$0	No
Walk-in counselling	Same day	\$0	No

STEP 4 — LOW-COST & SLIDING SCALE OPTIONS

Guelph Community Health Centre
Therapy for low-income residents. Sliding scale. **\$0-60**
guelphchc.ca | 519-821-6638

Open Path Collective
Vetted therapists offering reduced-fee sessions. **\$30-70**
openpathcollective.org

Homewood Health (EAP)
Check your employer benefits — often 6-12 sessions **Free**
[ASK your HR / benefits portal](#)

Graduate Therapy Clinics
Supervised students at U of G. Excellent quality. **\$20-40**
uoguelph.ca/counselling

STEP 5 — GUELPH WALK-IN MENTAL HEALTH

Here 24/7 (Waterloo Wellington)
Walk-in counselling, no appointment needed. **Same day**
1-844-437-3247 | here247.ca

Guelph FHT Mental Health
If you're rostered to a Guelph FHT physician. **1-4 wks**
519-837-0884

CMHA W-W Walk-In Clinic
Free counselling, no referral, all ages. **Same day**
cmhaww.ca | 519-744-7645

STEP 6 — SPECIFIC POPULATIONS

Youth (under 18): KidsHelpPhone.ca | 1-800-668-6868

Students (U of G): Student Wellness: wellness.uoguelph.ca