

Learn more about

# One Stop Talk

One StopTalk

Parlons maintenant

## ABOUT THE PROGRAM

One Stop Talk offers children and youth (aged 0-17) immediate access to free mental health support. The program provides single session counselling support and ensures direct referral to additional service when needed. Services are provided through an integrated network of infant, child and youth mental health agencies across Ontario.



### TO BEGIN YOUR SESSION



Online chat option for (audio and video call):

[www.OneStopTalk.ca](http://www.OneStopTalk.ca)



For the phone option, call:

1 (855) 416-8255 or  
1 (855) 416-TALK

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

## KEY INFORMATION



### HOURS OF OPERATION (EST):

Monday to Friday:  
12PM - 8PM

Saturday:  
12PM - 4PM



### EASY TO ACCESS

Access the program online or by phone to connect with registered mental health professionals for brief therapy. There is no limit on the number of times you can contact One Stop Talk.



### SESSION DURATION

1-hour long and typically focus on a single issue.



### INTERPRETERS AVAILABLE

Services are offered in English and French. You can request an interpreter (available for 200+ languages including ASL) for a session in your preferred language, before connecting with our therapists.



### SESSION OUTCOME

You receive access to help right away and co-develop an 'action plan' after a therapy session.

