

# what's up walk in®

## BRIEF MENTAL HEALTH COUNSELLING

We offer free brief mental health support to infants, children, youth, young adults (up to age 29) and families.

**No appointment necessary; first come, first served.**

### In-Person Sessions

**Mon. – Thur. 12 PM – 8 PM**  
Last registration 6:30 PM


**Friday 12 PM – 5 PM**  
Last registration 3:30 PM

**Saturday 10 AM – 4 PM**  
Last registration 2:30 PM

 **100 Consilium Place, Ground Floor - Suite 102**  
Scarborough, Ontario M1H 3E3

### Virtual Sessions

**Friday 2 PM – 8 PM**  
Last registration 6:30 PM

 **For phone or video sessions, please call us at 416-438-3697, press 1 for English and then dial 0 for reception.**

- **Call to schedule sessions in Tagalog, Mandarin, Cantonese, Bengali**  
\*Interpretation in other languages can be planned in advance.
- Services closed on statutory holidays.
- Capacity at times reached before last registration.
- Face masks are available for in-person sessions.