Counselling resources (list organized by UHN):

<https://www.uhn.ca/healthcareprofessionals/SCOPE/Documents/SCOPE_Patient_Mental_Health_Complete_Guide.pdf?fbclid=IwAR0MSkNtWvviUKRn9Rac4OJ4lGpOmN9KRduSD695af7I1SdkzXE7g1m_Jhg>

Crisis/finances/etc resources  (list organized by Unity Health):

<https://unityhealth.to/community>