


TAKE CARE OF YOUR MIND TODAY.

Request an appointment with one of our clinicians or call 416.546.5511

<input type="text" value="Your name"/>	<input type="text" value="Email"/>	<input type="text" value="Phone number"/>	<input type="text" value="Message"/>	REQUEST APPOINTMENT
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Toronto's premiere multidisciplinary clinic focused on your mental health and wellbeing

- ✓ Child Therapy
- ✓ Marriage & Couples Counseling
- ✓ Family Therapy
- ✓ Generalized Anxiety Disorders
- ✓ Depression
- ✓ Behavioral Disorders
- ✓ ADD & ADHD
- ✓ Eating and Body Image Disorders
- ✓ Obsessive Compulsive Disorders (OCD)
- ✓ Post Traumatic Stress Disorder (PTSD)
- ✓ Career & Life Coaching



Learn more about Mind Health Toronto's network of programs & services


MIND HEALTH UPDATES

Mental health research, wellness tips and local workshops.


RESEARCH
Multi-disciplinary mega health camps

11, September, 2015


WORKSHOPS
December 20, 2015 Healthy Diet Tips for our clients and their families

15, Aug, 2015


IN THE NEWS
Studies link productivity to mindfulness

22, August, 2014



Join the Mind Health Toronto e-mail list and learn more about our clinic, workshops and how we can help you.

[SIGN-UP](#)

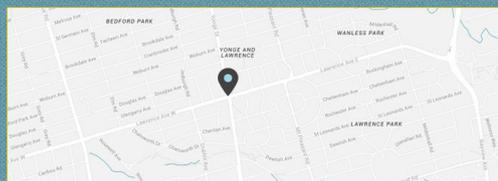

Mind Health Toronto is dedicated to helping empower those in need to help themselves learn, heal and grow through our professional network of therapy, wellness and holistic services.

CONTACT & INFO

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- 416.546.5511
- INFO@MINDHEALTORONTO.COM
- CAREERS

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Mind Health Toronto is conveniently located at the corner of Yonge & Lawrence with easy access from the TTC.