

## Province expanding virtual counselling program for youth

The Ontario government plans to spend \$4.75 million to expand “One Stop Talk,” a virtual counselling program connecting children, youth, and their families to mental health care without the need for an appointment and no matter where they live in the province.

The service offers convenient ways to talk to a clinician by phone, video conference, text, and chat.

It began as a pilot in November 2022 with six participating mental health organizations and is now being expanded to additional organizations and their waitlisted patients, the Province says. When fully implemented, the program will be available to all children, youth and their families.

The Ontario government is also significantly expanding the number of [Youth Wellness Hubs](#) across the province to “make it faster and easier for young people to connect to mental health and substance use support, primary care, social services, and more.” Eight new hubs are being added to the 14 that have been created since 2020, bringing the total to 22 across the province.

The new Youth Wellness Hubs will be in Algoma Region, Kingston Frontenac Lennox and Addington, London-Middlesex, Sagamok Anishnabek First Nation, Sarnia-Lambton, Sudbury, Thorncliffe Park, and West Toronto.

The full announcement can be found on the Ontario government’s news site. [Link to full announcement.](#)