

Alternatives - Toronto

Mental Health Service In Toronto



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Mental Health Service Alternatives in Toronto, Ontario

Mental health is a crucial aspect of overall well-being, and finding the right support can make a significant difference. One such service available in Toronto is ****Alternatives****, which has received positive feedback from its clients.

Appointments Recommended

To ensure personalized care, ****appointments are recommended**** at Alternatives. This allows case managers to focus on individual needs and create tailored strategies for each client. As one client noted, "The support offered by

Alternatives is life-changing.” The structured setting provides an environment conducive to growth and healing.

Accessibility and Amenities

Accessibility is a fundamental aspect of any mental health service. Alternatives is designed to be inclusive with features that cater to all individuals. -

****Wheelchair-accessible entrance****: Clients can easily access the facility without facing barriers. - ****Wheelchair-accessible toilet****: Ensuring comfort and convenience, the amenities available allow all clients to feel at ease during their visits. Moreover, the layout and design of the space consider various needs, creating a welcoming atmosphere for everyone.

Supporting Personal Development

Alternatives has proven effective for individuals seeking to enhance their personal skills. As shared in a testimonial, a client worked closely with Litty George, a Case Manager, who helped broaden their abilities and prioritize tasks effectively. This kind of ****personal one-on-one counseling**** is essential for those dealing with mental health challenges, such as OCD and ADD. The strategies provided not only help manage stress but also contribute to improving self-worth. This holistic approach to mental health ensures that clients learn and grow from their experiences, regardless of age.

Conclusion

In conclusion, if you are looking for a supportive and accessible mental health service in Toronto, consider Alternatives. With a strong emphasis on personalized care, accessibility features, and dedicated staff like Litty George, this service offers various resources to improve mental wellness. Remember, taking the first step towards mental health is crucial, and having the right support can lead to transformative outcomes.

You can come to our business at

1245 Danforth Ave, M4J 1M8 Toronto, Ontario - Canada (CA)

The contact phone of the respective **Mental health service** is +1416-285-7996

And if you want to send a WhatsApp, you can do so at +1416-285-7996

Our opening hours are:

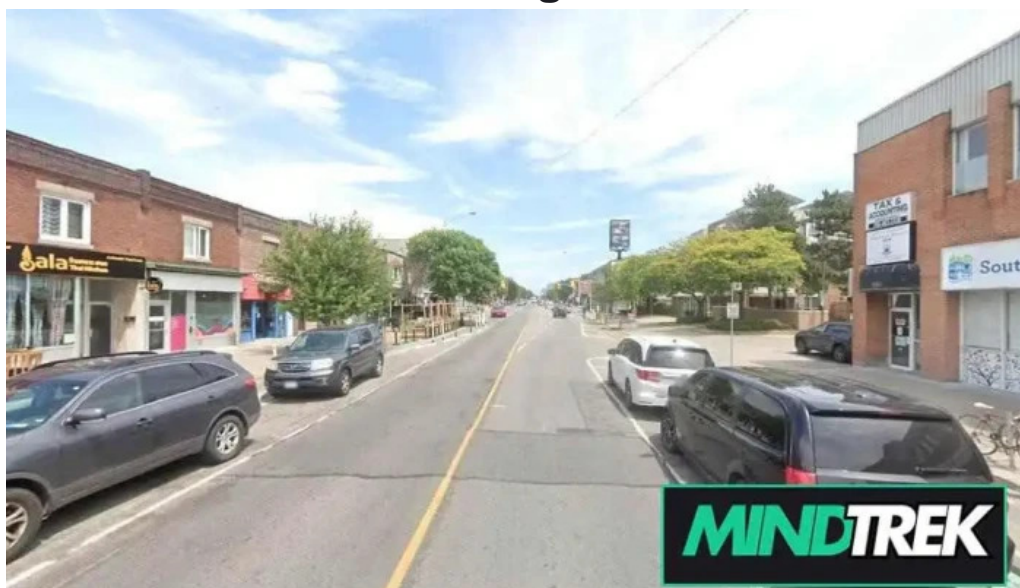
Day Hours
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Closed

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9?AM–5?PM
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9?AM–5?PM
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9?AM–5?PM
Friday
9?AM–5?PM
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9?AM–5?PM
Sunday
Closed

The website is [Alternatives](#)

In case you want to update any data that you think is not precise related to this web, we kindly request send us a message so that we will handle it promptly. Thank you in advance thanks for your cooperation.

Images



Alternatives toronto

Tags

Toilet, Wheelchair-accessible toilet, Planning, Amenities, Appointments recommended, Wheelchair-accessible entrance, Accessibility

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