



Ontario Psychotherapy & Counselling College Referral Directory **RESOURCE TOOLKIT**

CRISIS & EMERGENCY CONTACTS - ONTARIO & CANADA

OPCC is not a crisis service. If you are in immediate danger or need urgent help, please contact one of the services below:

- **Emergency Services:** 911
- **Talk Suicide Canada (24/7):** 1-833-456-4566
- **Distress Centers of Greater Toronto:** 416-408-4357
- **Good2Talk (post-secondary students):** 1-866-925-5454
- **Hope for Wellness (Indigenous):** 1-855-242-3310
- **Text support:** Text WELLNESS to 741741 (Canada-wide)

Please keep this list accessible. You are not alone.



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GLOSSARY OF THERAPY TERMS

Here are a few terms you may hear in therapy:

- **Holding:** The emotional and psychological presence a therapist brings to create a safe space.
- **Transference:** When you experience feelings toward your therapist that reflect past relationships.
- **Countertransference:** The therapist's emotional reactions to you - explored in supervision.
- **Containment:** The therapist's ability to help hold intense emotions without overwhelm.
- **Insight:** A deeper understanding of yourself, your patterns, and your emotional world.

Your therapist can help explain any terms that come up.



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PREPARING FOR THERAPY: A STARTER GUIDE

Starting therapy can feel overwhelming or uncertain - that's completely normal.

Here are a few ways to prepare for your first session:

- Reflect on what brings you in - no need for a perfect story, just honesty.
- Write down any questions you might want to ask your therapist.
- Know that it's okay to feel nervous or unsure.
- Bring a notebook (optional) to jot down any reflections.

Your therapist will guide the pace. All you need to do is show up as you are.





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REFLECTION QUESTIONS BETWEEN SESSIONS

Use these gentle prompts to explore your experience between therapy sessions:

1. What stayed with me from the last session?
2. What thoughts or feelings came up after I left?
3. Have I noticed any patterns or reactions this week?
4. Is there something I haven't said yet that feels important?
5. What do I want to bring into the next session?

Take your time. There are no right or wrong answers.





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UNDERSTANDING YOUR THERAPIST'S ROLE

Your therapist is not a friend, advisor, or fixer - they are a trained professional here to support your healing.

A therapist will:

- Listen deeply and without judgment.
- Respect your pace and privacy.
- Help you explore thoughts, feelings, and patterns.
- Maintain professional boundaries for your safety.

They won't:

- Give direct advice or tell you what to do.
- Share personal details about their life.
- Meet with you outside of session or socially.

Boundaries create safety and allow for deeper work.