

## Equilibrium Mental Health and Wellness - Toronto

Psychologist In Toronto



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*Psychologist In Toronto*

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### Equilibrium Mental Health and Wellness: A Safe Space in Toronto

Equilibrium Mental Health and Wellness, located in the heart of **Toronto, Ontario**, offers a diverse range of services tailored to support mental health. One of the key aspects that sets this facility apart is its commitment to inclusivity, particularly through the provision of **gender-neutral toilets**. This feature ensures that all individuals feel welcome and comfortable, regardless of their gender identity.

## Amenities That Foster Comfort

At Equilibrium, the focus is not solely on therapy but also on creating an environment where clients can thrive. The **amenities** available at this facility contribute to a holistic approach to mental wellness. Comfortable waiting areas, private consultation rooms, and easy access to essential facilities like restrooms enhance the overall experience for clients.

## Planning Your Visit

When considering a visit to Equilibrium Mental Health and Wellness, proper **planning** is advised. Scheduling an appointment is highly recommended to ensure that you receive the attention and care needed for your mental health journey. The team at Equilibrium understands that navigating mental health can be challenging, and they are committed to providing tailored support to meet individual needs.

## Understanding the Importance of Accessibility

The availability of **toilets** that accommodate everyone is a fundamental aspect of accessibility in mental health services. Equilibrium's dedication to offering gender-neutral facilities reflects its understanding of the importance of creating a safe space for all clients. This small yet impactful detail can significantly affect a client's comfort and willingness to engage in mental health services.

## Making Appointments: A Recommended Step

To get the most out of your experience at Equilibrium Mental Health and Wellness, **appointments are recommended**. This allows the staff to prepare for your visit and tailor the services to your specific needs. The professionals here are dedicated to making each client's experience personalized and effective, helping pave the way for improved mental health and overall wellness.

## Conclusion

Equilibrium Mental Health and Wellness stands out in Toronto not just for its therapeutic offerings but also for its thoughtful amenities and commitment to inclusivity. By emphasizing the importance of planning and accessibility, this facility is a beacon of hope for those seeking mental health support. If you're looking for comprehensive mental health care in a welcoming environment, Equilibrium is an excellent choice.

## Our premises are located at

832 College St 4th Floor, M6G 1C8 Toronto, Ontario - Canada (CA)

The phone of the mentioned **Psychologist** is +1647-366-9853

And if you want to send a WhatsApp, you can do so at +1647-366-9853

## We are open during the following hours:

Day Hours  
Monday  
Closed  
Tuesday  
9?AM–5?PM  
Wednesday  
9?AM–5?PM  
Thursday  
9?AM–5?PM  
Friday  
9?AM–5?PM  
Saturday  
9?AM–5?PM  
Sunday  
Closed

The website is Equilibrium Mental Health and Wellness

If you need to change any detail that you feel is not accurate concerning this site, we urge you to send us a message so we can we will adjust it promptly. With anticipation we appreciate it.

## Images



*Equilibrium mental health and wellness toronto*

## Tags

*Planning, Toilet, Amenities, Appointments recommended, Gender-neutral toilets*

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4.9 *	<i>Innisfil Wellness Centre - Innisfil</i>
4.6 *	<i>Elysian Wellness Centre - Kanata - Nepean</i>
5.0 *	<i>Cadence Health &amp; Wellness Inc. - Newmarket</i>
5.0 *	<i>InnerQore Health Psychology and Wellness - Thornhill</i>
4.9 *	<i>Stone Silo Counselling &amp; Wellness - Waterloo</i>
5.0 *	<i>Great Lakes Wellness Collective (Formerly Great Lakes Neurofeedback &amp; Counselling) - Point Edward</i>
4.9 *	<i>Discover Wellness - Orillia</i>

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bankruptcy service
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corporate office
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dentist
doctor
education center
educational institution
emdr psychotherapist
emergency training
equestrian facility
family counselor
family practice physician
family service center
financial consultant
fitness center
government office
health counselor

health spa
hearing aid store
holistic medicine practitioner
home health care service
hospital
hotel
hypnotherapy service
insolvency service
kindergarten
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medical center
medical clinic
medical group
medical office
medical spa
mental health clinic
mental health service
mortgage broker
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nutritionist
occupational health service
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optometrist
orthopedic clinic
orthotics & prosthetics service
osteopath
pain control clinic
pediatric clinic
personal trainer

pet groomer
pharmacy
physical therapist
physical therapy clinic
psychiatrist
psychologist
psychologists
psychopedagogy clinic
psychotherapist
rehabilitation center
reiki therapist
self defense school
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sleep clinic
social services organization
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