



## **Reduced-Cost Counselling Services** **Metro Vancouver Regional District**

A resource list of lower-cost, sliding-scale and free counselling services in Metro Vancouver, primarily the city of Vancouver.

Listings are categorized; categories, however, are not exclusive and are not intended to be limiting in terms of service provided or population served.

*Please share widely, in the hope that all who want counselling can access and benefit from it.*

## **Provided by the Government of BC**

### **Here2Talk**

Here2Talk connects post-secondary students with mental health support when they need it. Through this program, all students currently registered in a B.C. post-secondary institution have access to free, confidential counselling and community referral services, conveniently available 24/7 via app, phone and web.

<https://here2talk.ca/home>

## **Health Links**

### **Red Book Online**

<http://www.bc211.ca/searchtips>

### **Health Link BC**

<https://www.healthlinkbc.ca>

### **Here to Help**

<https://www.heretohelp.bc.ca>

### **Health Families BC**

<https://www.healthyfamiliesbc.ca>

### **KUU-US Crisis Line Society**

<https://www.kuu-uscrisisline.ca>

### **Overdose Outreach**

<https://www.vch.ca/en/location-service/overdose-outreach-team-312-main-street>

**Overdose Prevention Society**  
<https://www.vancityops.com>

## **Crisis Services**

*If you are experiencing a mental health emergency, please call 911.*

### **Access and Assessment Centre (AAC) at VGH**

For non-life-threatening mental health or addictions concerns, contact the AAC at VGH, available 7:30am-11pm, 7 days a week. Phone, drop-in and outreach support are available for Vancouver residents.

604-675-3700

<http://www.vch.ca/your-care/mental-health-substance-use/vancouver-access-assessment-centre>

### **Joseph & Rosalie Segal & Family Health Centre**

803 West 12th Avenue Vancouver

### **1-800-SUICIDE**

BC-wide, 24/7

### **Health Link BC - Nurse Line - 24/7**

Phone: 8-1-1 or 7-1-1 (hearing impaired)

<https://www.healthlinkbc.ca>

### **Overdose Outreach Team**

301 – 312 Main Street, Vancouver

604-360-2874

<https://www.vch.ca/en/location-service/overdose-outreach-team-312-main-street>

### **Overdose Prevention Society**

141 East Hastings Street, Vancouver

<https://www.vancityops.com>

### **First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service**

Immediate mental health counselling and crisis intervention to all Indigenous people across Canada.

Toll Free: 1-855-242-3310

[www.hopeforwellness.ca](http://www.hopeforwellness.ca)

### **KUU-US Indigenous Crisis Line (24/7)**

Toll Free: 1- 800-588-8717

Adult/Elder: 250-723-4050

Child/Youth: 250-723-2040

### **Crisis Intervention and Suicide Prevention Centre of BC - 24/7**

Phone 604-872-3311 (Vancouver)

1-866-661-3311 (toll free)

Chat (noon-1am): <https://crisiscentrechat.ca>

Youth chat (noon-1am): <https://youthinbc.com/>

**WAVAW 24-7 Rape Crisis Line**

604-255-6344

1-877-392-7583

**Kids' Help Phone - 24/7**

1-800-668-6868

Text CONNECT to 686868

**Trans Lifeline**

Peer support hotline run by and for trans people. 7am-1am Pacific Time.

Toll Free in Canada: 1-877-330-6366

**Critical Incident Response - WorkSafe BC**

Crisis intervention and response for workers who have witnessed a traumatic incident in the workplace. Free.

1-888-922-3700 (9am-11pm, 7 days week)

<https://www.worksafebc.com/en/claims/report-workplace-injury-illness/critical-incidentresponse>

## Mental Health

**Vancouver Coastal Mental Health - Vancouver Hospital**

Group therapy for depression, anxiety, stress. Individual mental health assessments. Referral through your family doctor, or via a walk-in clinic.

604-675-371

<https://www.vch.ca/en/health-topics/mental-health-and-substance-use>

**SAFER - Vancouver Coastal Health**

For Vancouver residents, provides counselling for individuals aged 19 and over who have made a suicide attempt, are currently suicidal, or have suicidal thoughts; also offers support and education for people who are concerned about the risk of suicide in a significant other or bereaved by a suicide death.

604-675-3700

<https://www.vch.ca/en?res%20id=474>

**Bounce Back Program - Canadian Mental Health Association**

Telephone coaching for people with mild-moderate depression with or without accompanying anxiety. Coaching available in English, Cantonese, French and Punjabi. Family doctor's referral required to access this program. Free.

1-866-639-0522

<https://cmha.ca/bounce-back/>

**Mood Disorders Association of BC – Counselling and Wellness Centre**

Individual therapy with certified counsellor (\$85-\$95 an hour) or intern (\$50 hour). Group therapy also available.

604-873-0103 ext. 2

<http://www.mdabc.net/counselling-and-wellness-centre-mdabc>

## Youth

### **Kids Help Phone – 24/7**

Phone, text or live chat. Anonymous and confidential. No need to give your name.

In English or French.

1-800-668-6868 to talk to a professional counsellor.

<https://kidshelpphone.ca/> (to start live chat) or access online resources.

text CONNECT to 686868 for crisis text support.

<https://kidshelpphone.ca/need-help-now-text-us/>

### **Urban Native Youth Association (UNYA) - Counselling Program**

Free individual and group clinical counselling for Indigenous youth, ages 13-24. Or contact the Wellness Centre for drop-in counselling hours.

604-253-5885 or

[link.counsellor@unya.bc.ca](mailto:link.counsellor@unya.bc.ca) (intake counsellor works on Mondays)

<https://unya.bc.ca/programs/alcohol-drug-counsellors/>

<https://unya.bc.ca/programs/native-youth-health-wellness-centre/>

### **Broadway Youth Resource Centre - City University Community Counselling Clinic**

Offers counselling and support services in the areas of youth and family, anger management, and sexual orientation/gender identity issues. Counselling provided by supervised interns completing their Master of Counselling Degree. Free.

604-709-5729

<https://pcrs.ca/our-youth-hubs/broadway-youth-resource-centre/>

### **Dan's Legacy - Therapeutic Counselling Program**

Counselling for youth ages 15-25 who have experienced abuse or are affected by substance use problems. Family counselling also available. Bursaries available for those unable to afford therapy.

[tom@danslegacy.com](mailto:tom@danslegacy.com)

<https://www.danslegacy.com/help/>

### **The Foundry**

Offers youth ages 12-24 access to mental health and substance use support, primary care, peer support and social services.

Walk-in counselling (Monday – Thursday 1:00pm – 4:00pm).

604-805-9415

<https://foundrybc.ca/vancouver-granville/>

### **Trauma Counselling for Children Affected by Family Violence (PEACE)**

#### **Vancouver and Lower Mainland Multicultural Family Support Services Society**

Counselling available for children ages 3-18 who have been exposed to domestic violence.

604-436-1025

<https://www.vlmfss.ca/childrens-programs>

## General Counselling

### **Oak Counselling**

Reduced fee. Secular counselling services provided at the Vancouver Unitarian Centre by supervised volunteers with master's degrees in psychology or psychology-related fields. Individual, couples and family counselling.

604-266-5611

<https://www.oakcounselling.org/>

### **Family Services of Greater Vancouver, Student Internship Counselling Program**

Counselling provided by supervised counselling interns, September to April only. Sliding scale fees based on household income. Offices in Vancouver, Richmond and New Westminster.

604-874-2938

<https://fsgv.ca/programs/counselling/>

### **Scarfe Counselling - UBC**

Free for adults and children 10+. Counselling provided by counselling psychology graduate students, supervised by a psychologist. The clinic runs from September to April.

604-827-1523

<http://ecps.educ.ubc.ca/counselling-centres/scarfe-free-counselling-clinic/>

### **UBC Psychology Clinic**

Counselling services provided by doctoral student interns, supervised by registered psychologists. \$10-\$40 per hour.

604-822-3005

<http://clinic.pm,ch.ubc.ca/>

### **Simon Fraser University - Counselling Clinics**

Counselling for adults, children and youth provided by supervised graduate students in counselling psychology. Services at the Surrey clinic are free and at the Burnaby clinic are offered on a sliding scale.

#### **Surrey Clinic**

604-587-7320

<http://www.sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html>

#### **Burnaby Clinical Psychology Centre**

778-782-4720

<https://www.sfu.ca/psychology/clinical-psychology-centre.html>

### **Family Services of the North Shore**

604-988-5281

Professional counselling for residents of the North Shore. Sliding Scale.

<https://www.familyservices.bc.ca/find-support/counselling-support/>

### **Vancouver Women's Health Collective - Wellness Counselling**

Counselling and art therapy available on select days.

604-736-5262

<https://womenshealthcollective.ca/counselling/>

**Canadian Mental Health Association: North and West Vancouver Branch**

Brief Counselling Service. Up to 12 sessions of counselling for North Shore residents without open ICBC, WCB or other insurance carrier claims. Counselling provided by intern (\$25) or registered clinical counsellor (\$50).

604-987-6959

<https://northwestvancouver.cmha.bc.ca/programs-services/counselling/>

**Moving Forward Family Services**

Counselling for individuals and families. Counselling primarily offered in Surrey, with limited availability in Vancouver, Port Moody and Abbotsford. Graduate-level counsellors (\$50-\$65) and counselling interns (\$20). Limited free counselling available in exceptional circumstances.

778-321-3054

<https://movingforwardfamilyservices.com>

**Gordon Neighbourhood House**

Free counselling provided in partnership with supervised master's level counselling interns from City University. Individuals, couples and groups. Downtown Vancouver.

604-683-2554

[counselling@gordonhouse.org](mailto:counselling@gordonhouse.org) <https://gordonhouse.org/programs/free-counselling/>

**South Vancouver Neighbourhood House - Counselling Services**

Free program offered twice a week by counselling interns from City University. Individuals, couples and families.

[counselling@southvan.org](mailto:counselling@southvan.org)

[http://www.southvan.org/program\\_category/community-programs/](http://www.southvan.org/program_category/community-programs/)

**Little Mountain Neighbourhood House - Counselling and Art Therapy Programs**

Counselling provided by counselling interns, by appointment only.

604-879-7104

<https://web2.lmnhs.bc.ca/counseling-and-art-therapy/>

**Kitsilano Neighbourhood House - Counselling Sessions**

Counselling by phone or Zoom, in partnership with Moving Forward Family Services and City University; provided by counselling interns. Free to those with a Kitsilano Neighbourhood House membership.

604-736-3588 ext.128

[counselling@kitshouse.org](mailto:counselling@kitshouse.org)

<http://www.kitshouse.org/counselling-sessions/>

**Living Through Loss Counselling Society of BC**

Professional grief counselling related to life change or loss. Group therapy also available. Small fund available for limited, subsidized counselling. Call to inquire.

604-873-5013

<https://livingthroughloss.ca/counselling/>

## Addictions

### **Addictions Services, Vancouver Coastal Health**

Substance use assessment, counselling and treatment planning for individuals, couples and families. Group counselling also available. Free.

604-675-371

<https://www.vch.ca/en/service/substance-use-counselling>

### **Overdose Outreach Team**

301 – 312 Main Street, Vancouver

604-360-2874

<https://www.vch.ca/en/location-service/overdose-outreach-team-312-main-street>

### **Overdose Prevention Society**

141 East Hastings Street, Vancouver

<https://www.vancityops.com/>

### **Native Court Worker and Counselling Association of BC**

Walk in or call to set up an appointment. One-to-one adult, youth, family and group counselling for Indigenous people, part of an intensive outpatient treatment program.

604-628-1134

### **Drug and Alcohol Outpatient Services**

520 Richards St. Vancouver

<https://nccabc.ca/health/alcohol-drug-outpatient-services/>

### **BC Responsible and Problem Gambling Program**

Free professional, multilingual counselling for any British Columbian struggling with their own or their family member's gambling. Counsellors have a minimum of a master's degree in a counselling-related discipline.

1-888-795-6111 (available 24/7)

<https://www2.gov.bc.ca/gov/content/sports-culture/gambling-fundraising/gambling-support-bc>

## Trauma

### **Specialized Counselling & Trauma Services - Family Services of Greater Vancouver**

Professional counselling for women, children, survivors of incest/trauma/sexual abuse, pregnant women with a trauma history and those experiencing family violence. No fee, however, may require a referral from a social worker.

604-874-2938

<https://fsgv.ca/programs/counselling/>

### **Battered Women's Support Services**

Counselling and support services for any woman who has been abused in an intimate relationship as well as women survivors of childhood sexual abuse, adult sexual assault and Indigenous residential school survivors.

604-687-1867

<https://www.bwss.org/>

**WAVAW Rape Crisis Centre**

Individual counselling and group support for cis and trans women, two-spirit, trans and/ or non-binary people who have experienced sexual assault.

604-255-6228

<https://www.wavaw.ca/counselling/>

**Salal Sexual Violence Support Centre**

Crisis support, counselling and justice assistance programs for cis and trans women, Two-Spirit, trans and/or non-binary people who are survivors of sexual assault and sexualized violence

<https://www.salalsvsc.ca/>

**Crime Victims Assistance Program**

Funded counselling for victims of crime, their immediate family members and witnesses. Contact for eligibility.

Victim Link BC 1-800-563-0808 (available 24/7)

<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits>

**Atira Community Services Society - Stopping the Violence Counselling**

Free individual and group counselling for women and transwomen who have experienced relationship abuse, sexual assault, or physical, emotional or sexual abuse.

604-331-1407 ext. 106 or 107

<https://atira.bc.ca/what-we-do/program/stopping-the-violence-counselling/>

**VAST - Supporting Refugee Mental Health**

Trauma-focused psychological counselling for refugees in one-on-one and group settings. Services provided in over a dozen languages.

604-255-1881 or Toll Free: 1-866-393-3133

<https://www.vastbc.ca>

**Residential Historical Abuse Program**

Free counselling for those who were sexually abused while under the care of the province (foster care, group homes, etc.)

604-875-4255

<https://www.vch.ca/en/service/residential-historical-abuse-program-rhap>

**LGBTQ+****Heath Initiative for Men (HIM)**

Brief professional counselling (8 sessions) is available to gay, bisexual and other men who have sex with men either by donation equivalent to hourly wage. Vancouver, New Westminster, Surrey, Abbotsford.

604-488-1001 ext. 230

[https://checkhimout.ca/gay-mens-health/mental-health/courseUlng\\_-support](https://checkhimout.ca/gay-mens-health/mental-health/courseUlng_-support)

**Qmunity - Counselling Program**

Counselling for members of the LGBTQ+ communities provided by Registered Social Workers and Clinical Counsellors. \$60-\$80 a session. Daytime only. 10-session limit.

604-684-5307 ext.107

<https://qmunity.ca/get-support/counselling/>

**Salal Sexual Violence Support Centre**

Crisis support, counselling and justice assistance programs for cis and trans women, Two-Spirit, trans and/or non-binary people who are survivors of sexual assault and sexualized violence

<https://www.salalsvsc.ca/>

**Catherine White Holman Wellness Centre**

Drop-in professional counselling for trans and gender-diverse people. Call to find out when the next counselling clinic is being held.

604-442-4352

<https://cwhwc.com/services/>

## Indigenous

**First Nations Health Authority**

Provides coverage to access mental health providers, including counsellors, social workers, and psychologists. FNHB covers three mental health programs: Short-Term Crisis Intervention, Indian Residential School Resolution Health Support Program, and the Missing and Murdered Indigenous Women and Girls - Health Support Services.

1-800-317-7878 (Toll Free)

<http://www.fnha.ca/benefits/mental-health>

**Metro Vancouver Indigenous Counselling**

Provides a range of services for First Nations Peoples, Metis individuals and the Inuit

<https://mvic.ca/>

**Salal Sexual Violence Support Centre**

Crisis support, counselling and justice assistance programs for cis and trans women, Two-Spirit, trans and/or non-binary people who are survivors of sexual assault and sexualized violence

<https://www.salalsvsc.ca/>

**Residential Historical Abuse Program**

Free counselling for those who were sexually abused while under the care of the province (foster care, group homes, etc.)

604-875-4255

<https://www.vch.ca/en/service/residential-historical-abuse-program-rhap>

## Health-Related

### **Callanish Society**

Counselling for adults and youth affected by cancer at any stage, and for their family members. Counselling also available for family members grieving the loss of a loved one from cancer. Sliding scale rate ranging from \$50 to \$150 | session.

604-732-0633

<https://www.callanish.org>

### **Friends for Life**

Free counselling for residents of Vancouver City Centre facing life challenges associated with HIV, cancer, hepatitis C and other chronic illnesses.

604-682-5992

<https://www.vancouverfriendsforlife.ca/>

## Multilingual

### **SUCCESS - Individual and Family Counselling**

Counselling offered in Mandarin, Cantonese, Korean, Farsi and English with a focus on helping new immigrants of Chinese and other ethnic origins. Play and art therapy also available. Fees charged on a sliding scale based on income.

604-408-7266 or 604-684-1628

<https://successbc.ca/counselling-crisis-support/services/counselling/>

### **MOSAIC – Health and Counselling**

MOSAIC offers many physical health and mental well-being programs to help immigrants in their transition and settlement. These programs provide counselling, referrals, and group events to support your wellbeing.

<https://mosaicbc.org/our-services/health-and-counselling/>

### **Vancouver and Lower Mainland Multicultural Family Support Services Society Multicultural Outreach/ Stopping the Violence Program**

Individual counselling, group counselling, advocacy, crisis intervention and referrals for women experiencing any form of abuse or violence, provided in numerous languages.

604-436-1025

<https://www.vlmfss.ca/multicultural-outreach>

## Faith-Based/Religious

### **Vancouver Coastal Health - Spiritual Health and Multi-Faith Services**

Spiritual health is available to acute care patients, care home residents, families and staff, irrespective of religious or spiritual affiliation. Professional spiritual health practitioners hold a master's degree with extensive academic and clinical education, equipping them to work in multi-faith environments.

<https://www.vch.ca/en/service/spiritual-health-and-multi-faith-services>