

Reduced-Cost Counselling Options in Vancouver

A resource list of lower-cost, sliding-scale and free counselling services in Metro Vancouver. Updated quarterly.

In order to control the size of this list, counselling listings are focused primarily on those within 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.

General Counselling

Family Services of Greater Vancouver, Counselling Program - 604-874-2938

www.fsgv.ca/find-the-support-you-need/counselling/

Counselling fees based on household income. Master's-level therapists. Program has a dedicated intake worker who can also refer to other counselling services or groups. Offices in Vancouver, Richmond, Burnaby, New Westminster and Surrey.

Family Services of the North Shore - 604-988-5281

<http://www.familyservices.bc.ca>

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

Oak Counselling - 604-266-5611

<http://oakcounselling.org/>

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.

Adler Centre - Counselling Clinic - 604-742-1818

<http://www.adlercentre.ca/clinic.html>

Sliding scale individual and couples counselling. Counselling provided by counselling psychology graduate students at the Adler Centre, supervised by an experienced clinician.

Scarfe Counselling - UBC - 604-827-1523

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

Free. Counselling provided by counselling psychology graduate students, supervised by a psychologist. Clinic runs from September to April.

UBC Psychology Clinic - 604-822-3005

<http://clinic.psych.ubc.ca/>

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

New Westminster UBC Counselling Centre - 604-525-6651

<http://ecps.educ.ubc.ca/clinical-instructional-resources/new-westminster-ubc-counselling-centre/>

Free counselling for the general public by counselling psychology graduate students, supervised by a psychologist.

Simon Fraser University - Counselling Clinics

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>

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.

Canadian Mental Health Association: North and West Vancouver Branch

Brief Counselling Service - 604-987-6959

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

Up to 12 sessions of counselling for North Shore residents without open ICBC, WCB or other insurance carrier claims. Counselling provided by intern (\$25-\$50) or registered clinical counsellor (\$50-\$75).

Living Systems Counselling - 604-926-5496

<http://livingsystems.ca/counselling/our-approach/>

Individual, couple and family counselling using Bowen Family Systems Therapy. Lower-cost counselling provided by supervised interns.

ProChoices Community Therapy Clinic <http://prochoices.ca>

By-donation (\$20.00 min) feminist counselling services provided by supervised master's-level and intern narrative therapists.

Moving Forward Family Services - 778-321-3054

<https://movingforwardfamilyservices.com>

Free and pay-by-donation counselling for individuals and families. Offices in Surrey and South Vancouver. Graduate-level counsellors and counselling interns.

Neighbourhood Houses of BC

<http://www.anhbc.org/index.php>

Some Metro Vancouver neighbourhood houses offer free or low-cost counselling, often provided by student counselling interns. The link above has a list of neighbourhood houses; contact the one in your area to enquire about availability.

LGBTQ+

Heath Initiative for Men (HIM) - 604-488-1001 ext. 230

<https://checkhimout.ca/gay-mens-health/mental-health/counselling-support/>

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.

Qmunity - Free Counselling Program - 604-684-5307 ext.100

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

Counselling for members of the LGBTQ+ communities. Waitlist capped at 20 counselling requests. May call weekly for updates.

Catherine White Holman Wellness Centre - 604-442-4352

<http://www.cwhwc.com/services/counselling-resources/>

Drop-in professional counselling for trans and gender-diverse people. Call or check <http://www.cwhwc.com/upcoming-clinics/> to find out when the next counselling clinic is being held.

Trauma

VISAC - Family Services of Greater Vancouver - 604-874-2938

<https://fsgv.ca/visac/>

Professional counselling for adults and children dealing with the effects of childhood trauma and/or sexual abuse.

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

<http://vast-vancouver.ca/#>

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

Healthy Connections: You and Your Baby Program - Family Services of Greater Vancouver - 604-874-2938

<https://fsgv.ca/healthy-connections/>

Professional counselling for pregnant women with a history of trauma that holds the potential of affecting their parenting. Program is intended to begin as early in the pregnancy as possible until the first 3 years of the child's life.

Residential Historical Abuse Program - 604-875-4255

<http://vch.eduhealth.ca/PDFs/CE/CE.851.S49.pdf>

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

Crime Victims Assistance Program - Victim Link BC 1-800-563-0808 (available 24/7)
<http://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>

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

Battered Women's Support Services - 604-687-1867

<https://www.bwss.org/support/programs/counselling/>

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.

WAVAW Rape Crisis Centre - 604-255-6228

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

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

Indigenous

First Nations Health Authority - 1-800-317-7878 (Toll Free)

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

Mental health provider list: <http://www.fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf>

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.

Addictions

Addictions Services, Vancouver Coastal Health - 604-675-3710

<http://www.vch.ca/your-care/mental-health-substance-use/substance-use-services>

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

BC Responsible and Problem Gambling Program - 1-888-795-6111 (available 24/7)

<https://www.bcreponsiblegambling.ca/getting-help/find-counsellor>

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.

Mental Health

Vancouver Coastal Mental Health - Vancouver Hospital - 604-675-3710

<http://www.vch.ca/your-care/mental-health-substance-use/mental-health-outpatient-services>

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

SAFER - Vancouver Coastal Health - 604-675-3700

<http://phc.eduhealth.ca/PDFs/GV/GV.150.S128.pdf>

For Vancouver residents, provides counselling for individuals age 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.

Kelty's Key Online Therapy - Vancouver Coastal Health - 604-675-3700

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

Free, cognitive-behavioural online therapy for qualifying Vancouver residents. Registered online clients are assigned an online psychotherapist for time-limited sessions. The general public may also access the online courses in a self-help capacity (without therapist assistance).

Bounce Back Program - Canadian Mental Health Association - 1-866-639-0522

<http://www.cmha.bc.ca/programs-services/bounce-back/>

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.*

Mood Disorders Association of BC - 604-873-0103 ext. 2

Counselling and Wellness Centre

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

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

Multilingual

SUCCESS - Individual and Family Counselling - 604-408-7266 or 604-684-1628

<http://www.successbc.ca/eng/services/family-youth/counselling-service/611-individual-and-family-counselling>

Counselling offered in Mandarin, Cantonese, Korean and English with a focus on helping new immigrants of Chinese and other ethnic origins. Play and art therapy also available.

MOSAIC - Stopping The Violence Family Counselling - 604-254-9626 (Ask for the Stopping the Violence Counsellor and/or the Women's Support Worker).

<https://www.mosaicbc.org/services/counselling/stopping-the-violence/>

Free, confidential counselling support and multicultural outreach services for women who have experienced, or are at risk of, abuse, threats, or violence in an intimate relationship, sexual assault or childhood abuse. 1:1 counselling and group support. Services available in English, Punjabi and Hindi.

Youth

Broadway Youth Resource Centre - City University Community Counselling Clinic
604-709-5729

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's of Counselling Degree. Free.

Surrey Youth Resources Centre, Community Counselling Clinic 604-592-6200

<http://pcrs.ca/our-services/community-counselling/>

Free counselling for Surrey residents provided by graduate student interns for individuals, youth and families (must be have a child or youth in the family to access services)

Faith-Based/Religious

Jewish Family Services - 604-637-3309

<http://jfsa.ca/counselling/>

Sliding scale counselling to the Jewish and non-Jewish community. Regular program \$50-\$105; low-cost program: \$10-\$20).

Linkage Family Counselling - Chinese Christian Mission - 604-629-2266

http://www.en.ccmcanada.org/?page_id=2327

Reduced-cost Christian counselling by interns (\$40) and professional counsellors (\$70) available in English, Cantonese and Mandarin. Individual, couples and family counselling. Offices in Burnaby and Richmond.

Health-Related

Callanish Society - 604-732-0633

<https://www.callanish.org/callanish-in-vancouver/>

By donation/sliding scale 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.

Friends For Life - 604-682-5992

<https://www.vancouverfriendsforlife.ca/copy-of-services-2>

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

Chuck Jung Associates Psychological & Counselling Services* - 604-874-6574

<https://www.chuckjung.com/pro-bono-counselling-tbi/>

No-cost counselling for individuals with traumatic brain injuries (TBIs) and their family members, delivered at Port Coquitlam and Burnaby offices by supervised psychology doctoral students.

*While not a non-profit organization, availability of counselling services in the community for people affected by TBIs is extremely limited, hence this resource's inclusion on this list.

Extended Health Benefits

If you have **extended health** through your employer, check with HR or your insurance plan to see whether your employer has paid for **counselling benefits**. Sometimes this is a separate, contracted service (**Employee Assistance Program**), other times you are covered for a particular counselling professional such as a Registered Social Worker (RSW or RCSW), Registered Clinical Counsellor (RCC) or a Registered Psychologist (R.Psych), whom you would hire privately. Be clear on who you're covered for if reimbursement is important to you! Most of the time, in such arrangements, you pay the therapist first and he or she gives you a receipt for reimbursement through your extended health. I have written extensively counselling options, including third-party, employee assistance programs, private and subsidized, in the following article: <https://willowtreecounselling.ca/articles/am-i-covered-understanding-your-counselling-options/>

If you know of a **not-for-profit agency** offering a professional, lower-cost counselling service that I have not included, please let me know! Apologies, due to the scope of this document, I am unable to accept submissions from private counsellors or private counselling agencies offering subsidized counselling.

As agencies change over time, please check with the above services to ensure accuracy of the information provided here. Note that many programs will have wait lists. Inclusion of the above resources does not indicate an endorsement of them or an affiliation with Willow Tree Counselling.

****Please note that Willow Tree Counselling does not provide sliding scale or pro-bono counselling to new clients as current reduced-cost counselling spaces are full.****

Crisis Services

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

For non-life-threatening mental health or addictions concerns, contact the **Access and Assessment Centre (AAC)** at VGH, available 7:30am-11pm, 7 days a week. Phone, drop-in and outreach support 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/nursing-services>

First Nations and Inuit Hope for Wellness Help Line and On-line Counselling Service - Toll Free: 1-855-242-3310

Hope for Wellness Chat Line: www.hopeforwellness.ca

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

KUU-US Indigenous Crisis Line (24/7) Toll Free: 1- 800-588-8717

Adult/Elder: 250-723-4050

Child/Youth: 250-723-2040

WAVAW 24-7 Rape Crisis Line - 604-255-6344 | 1-877-392-7583

*Information revised by [Willow Tree Counselling](http://willowtreecounselling.ca) in **May 2019**. Please check <https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf> if you think you may have an old copy.*

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