

Reduced-Cost Counselling Options in Vancouver January 2024

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

Email megan@willowtreecounselling.ca to be notified quarterly when this list is revised.

Wait times vary and some waiting lists may be closed. Contact clinic to inquire.

Listings are categorized; categories, however, are not exclusive and are not intended to be limiting in terms of service provided or population served. **If you need to print this list, consider printing only the pages from the section(s) you need.** 🌱

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

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General Counselling

Wellness Together Canada (Phone Counselling) - 1-866-585-0445

<https://wellnesstogether.ca/en-CA/service/talk>

Register with this service and speak with a professional counsellor 24/7. Counsellors rotate. Free. Text support also available by texting WELLNESS to **741741**.

Family Services of the North Shore - 604-988-5281 ext.226

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

Professional counselling for North Shore residents. Sliding Scale: \$20-\$125/hr.

JFS Vancouver - 604-558-5726 or counsellingintake@jfsvancouver.ca

<https://www.jfsvancouver.ca/services/counselling/>

Therapy services to youth, adults, seniors, couples, and families. Fee for a Registered Clinical Counsellor ranges from \$30-\$110 and is based upon client income from their Notice of Assessment. Free counselling offered by supervised interns. Check to see if waitlist open.

Oak Counselling - intakes@oakcounselling.org

<http://www.oakcounselling.org/index.php/counselling/>

Professional Individual and couples counselling on a sliding scale, \$20-\$100/session, based on household income. Maximum one year. Virtual, poor or in-person sessions. Waitlist 1-6 months, no crisis counselling. To book phone intake interview: <https://oakcounselling.janeapp.com/locations/oak-counsellingservices-society/book>

Adler Centre - Counselling Clinic - 604-742-1818 or info@adlercentre.ca

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

Subsidized individual and couples counselling. Counselling provided by supervised counselling psychology graduate students at the Adler Centre. \$65-\$90 (+sliding scale option) for counselling intern; \$115-\$130 with registered counsellor.

Living Systems Counselling - 604-926-5496

<https://livingsystems.ca/counselling/services-and-fees/>

Individual, couple and family counselling using Bowen Family Systems Therapy. Lower-cost counselling provided by supervised interns (\$15-\$65) at some branches only.

Psychological Services and Counselling Training Centre - UBC - 604-822-1364

<https://psctc.educ.ubc.ca/counselling-clinic/>

Free for adults and children 10+. Counselling provided by counselling psychology graduate students, supervised by a psychologist. Clinic runs from September to April. In-person with limited online sessions.

UBC Psychology Clinic - 604-822-3005 or clinic@psych.ubc.ca

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

Counselling services provided by doctoral student interns, supervised by registered psychologists, serving youth and adults. \$10-\$40 per hour, September through April. Clinic also offers neuropsychology assessments for adults and psychoeducational assessments for children. Assessment availability varies.

Simon Fraser University - Counselling Clinics

Surrey Clinic - 778-706-0085 or scc_admin@sfu.ca

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

Availability throughout the year varies. Services are free. ****Closed to referrals until Aug/Sept 2024.****

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. Limited assessments available per year (psychoeducational, psychodiagnostic and neuropsychological). Counselling services on a sliding scale, based on gross family income.

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 8 sessions of counselling for North Shore residents without open ICBC, WCB or other insurance carrier claims. Therapy provided by intern (\$35) or registered clinical counsellor (\$60). In-person, virtual or walking therapy available.

Moving Forward Family Services - 877-485-5025 intake form: <https://hushforms.com/movingforwardfamilyservices>

<https://movingforwardfamilyservices.com>

Subsidized counselling for individuals and families. Counselling primarily offered in Surrey, with limited availability in Metro Vancouver. Graduate-level counsellors and counselling interns. Contact for fees.

Gordon Neighbourhood House - 604-683-2554 or counselling@gordonhouse.org

<https://gordonhouse.org/programs/free-counselling/>

Sliding scale (\$5-\$50) short-term counselling for Lower Mainland residents, provided by registered clinical counsellors in partnership with City University Community Clinic. Individuals, couples and groups. If contacting by email, please follow instructions in the automatic email reply you will receive, so that an initial consultation can be arranged.

South Vancouver Neighbourhood House, Counselling Services

counselling@southvan.org

http://www.southvan.org/program_category/community-programs/

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

Little Mountain Neighbourhood House - Counselling and Art Therapy Programs

236-862-2903 (Ask for Lynette)

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

Counselling provided by counselling interns, by appointment only. Building is accessible.

Kitsilano Neighbourhood House - 604-736-3588 ext.128 or counselling@kitshouse.org

<https://www.kitshouse.org/all-programs/> (click link for counselling or art therapy).

Free counselling by phone or Zoom, in partnership with City University (counselling interns).

Vancouver Women's Health Collective - Wellness Counselling - 604-736-5262

<https://womenshealthcollective.ca/>

Counselling and art therapy available on select days. Check to see if waitlist is open.

Vancouver Art Therapy Institute Student Clinic - self refer by emailing info@vati.bc.ca

<https://www.vati.bc.ca/clinic-supervision/>

Art therapy by students supervised by registered art therapists who are also clinical counsellors.

\$10 materials fee for in-person sessions or free virtual sessions. Serves adults and adolescents.

Living Through Loss Counselling Society of BC - 604-873-5013

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

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

Hollyburn Family Services Society: Intern Counselling - 604-968-8211

<https://www.hollyburn.ca/services/counselling-services/student-counsellors/>

Reduced-rate counselling provided by supervised, counselling or social work master's students.

The Woods Arts and Wellness - hello@thewoods.org

<https://thewoods.org/>

Registered charity offering nature- and expressive arts therapies with registered therapists and interns.

Counselling rates range from \$30-\$135 (0.1% of household income with documentation).

LGBTQ+

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

<https://checkhimout.ca/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 - Counselling Program - 604-684-5307 ext.107

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

Counselling for members of the LGBTQ+ communities provided by Registered Social Workers and Clinical Counsellors. \$60-\$120 a session. Low-cost counselling option provided by interns. Daytime only. 10-session limit.

Catherine White Holman Wellness Centre - 604-442-4352

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

Counselling currently limited to hormone, surgical readiness and ADHD assessments for trans and gender-diverse people.

Mosaic - I Belong Program - 236-991-0107 or ibelong@mosaicbc.org
<https://www.mosaicbc.org/services/settlement/lgbtq/>
Support groups for LGBTQIA+ refugees and immigrants.

Trauma

Specialized Counselling & Trauma Services - Family Services of Greater Vancouver - 604-874-2938

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

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.

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

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

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

Residential Historical Abuse Program (RHAP) - 604-875-4255

<https://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, immediate family members and witnesses. Contact for eligibility.

BC Society for Male Survivors of Sexual Abuse - 604-682-6482

<https://bc-malesurvivors.com/for-survivors/funding-your-therapy/>

Registered clinical counsellors (RCCs) provide individual and group counselling for male survivors of sexual abuse. RCC fee: \$100 for individual counselling. Group counselling: \$40 per week. Reduced cost counselling provided by practicum students at \$50/hr. Victim services workers on staff to help apply for funding for those who qualify.

Battered Women's Support Services - 604-687-1868

<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 residential school survivors.

Salal Sexual Violence Support Centre (formerly WAVAW) - 604-255-6344

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

Individual counselling and group support for marginalized genders: cis and trans women, two-spirit, trans and/or non-binary people who have experienced sexualized violence. Additional counselling programming for Indigenous survivors.

MMIWG2S Family Counselling Program- Salal Sexual Violence Support Centre (formerly WAVAW) - 604-255-6344

<https://www.salalsvsc.ca/indigenous-support-programs/>

Free counselling for family members of missing and murdered Indigenous women, girls and two-spirit people. Family members includes extended families, community families and self-identified family members. Drop-in counselling coming soon. Call to enquire.

Atira Community Services Society - Stopping The Violence Counselling

604-331-1407 ext. 106 or 107

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

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

Seniors

Older Adults Outreach

JFS Vancouver - 604-558-5719

<https://www.jfsvancouver.ca/services/older-adult/>

Professional in-home or in-office counselling for seniors. Sliding scale (\$30-\$110) based on gross family income.

Vital Connections Program

Family Services of Greater Vancouver / Century House - 604-519-1064 ext. 2.

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

Free, professional counselling (online or in-person) for adults 50+ living in New Westminster.

Well Being Program for Deaf, Hard of Hearing and Deaf-Blind

778-819-0951 (voice) 778-987-4174 (text) 604-456-0901 (TTY only)

<https://deafwellbeing.vch.ca/services/older-adults/>

Free counselling and mental health support services for deaf, hard of hearing and deaf-blind older adults and their families across BC. Accessible for all communication needs and modalities.

BIPOC

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.

Metro Vancouver Indigenous Counselling - 604-256-5850

<https://mvic.ca/mental-health-and-wellness-program/>

Free professional counselling for Indigenous individuals across BC, registered with the First Nations Health Authority.

Vancouver Black Therapy and Advocacy Foundation

<https://vancouverblacktherapyfoundation.com/sanctuary>

Non-profit organization linking Black community members with accredited Black local counsellors in Metro Vancouver. Priority for Black, disabled and LGBTQIA+ folks. New client intake varies throughout the year.

Indigenous Counselling Program: Salal Sexual Violence Support Centre - 604-255-6344

<https://www.salalsvsc.ca/indigenous-support-programs/>

Free 1:1 counselling for Indigenous including trans and cis women, as well as trans, non-binary, and Two Spirit people, incorporating Aboriginal healing approaches and traditions based on the Medicine Wheel.

Substance Use

Substance Use Services, Vancouver Coastal Health - Call Access Central at 1(866)

658-1221 or use link and scroll down to find clinic in your area. Vancouver residents only:

<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.

Burnaby Substance Use Services - 604-777-6870

<https://www.fraserhealth.ca/Service-Directory/Service-At-Location/E/B/community-substance-use-services-clinic---burnaby#.ZCfA0ezMJNg>

Free drop-in and booked 1:1 online and in-person counselling for Burnaby residents who want to change their relationship with substances. Counselling support also available for family members and supports.

Fraserside Community Services - 604-522-3722

<https://www.fraserside.bc.ca/mental-health-and-counselling/perspectives-addiction-services/>

Free substance-use counselling for adults, families and youth. New Westminster residents only.

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.

PnP & Me - Health Initiative for Men - 604-488-1001

<https://checkhimout.ca/pnp-and-me/>

Free 12-week group counselling for gay, bi, queer men and gender diverse people who use drugs during sex (PnP). Harm reduction-based; abstinence is not required. Call or email HIMpeer@checkhimout.ca to book an intake appointment.

Native Courtworker and Counselling Association of BC - 604-628-1134

Drug and Alcohol Outpatient Services - 520 Richards St. Vancouver

<https://nccabc.ca/wellness/#indigenous-outpatient-addiction-counselling-detox-support>

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.

Mental Health

Vancouver General Hospital - Mental Health Outpatient Services - 604-675-3700

<https://www.vch.ca/en/location/vancouver-general-hospital/services> (type service name into search bar)

Group therapy for depression, anxiety, concurrent disorders. Psychiatry consultations. Self or physician referrals.

SAFER - Vancouver Coastal Health - 604-675-3700

http://www.vch.ca/Pages/Suicide-Attempt-Follow-up,-Education---Research-SAFER.aspx?res_id=474

Time-limited counselling for Vancouver residents age 18+ with suicidal thoughts or a history of suicide attempts. Bereavement groups for loved ones. Support and information for members of the public concerned about a loved one with suicidal thoughts.

CBT Skills Groups Society

<https://cbtskills.ca/about-us/what-we-offer/>

Cognitive Behavioural Therapy (CBT) educational groups for BC residents ages 17.5 and up, seeking to improve their mental health symptoms. Online classroom format; groups facilitated by trained physicians. \$65 refundable no-show deposit and otherwise no cost for patients with a valid BC Care Card. **Referral to the program via a physician or nurse practitioner only.**

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

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

Free, self-directed cognitive-behavioural online therapy.

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

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

Telephone coaching for adults and youth (15+) with mild-moderate depression with or without accompanying anxiety. Check for current language availability. *Family doctor's referral required to access the coaching program.* Free.

Mood Disorders Association of BC - Counselling and Wellness Centre 604-873-0103 ex.2

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

Individual therapy with certified counsellor (\$95-\$105 an hour) or intern (\$50 hour). Group therapy also available.

Bridge The Gap Program - Looking Glass Foundation - 604-314-0548

<https://www.lookingglassbc.com/bridge-the-gap#1626665590098-7a10d5b4-2336>

Counselling for BC residents experiencing a clinical or self-diagnosed eating disorder. Counsellors are supervised master's-level students. \$35/hr. Limited bursaries available.

Borderline Personality Disorder Society of BC

<https://www.bpdbc.ca/our-services>

Free online and in-person peer support groups. Dialectical Behaviour Therapy (DBT) 24-week Multiskills Group offered on a rotating basis (\$30 per session) - availability varies.

Multilingual

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

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

Individual and couples 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.

MOSAIC - Violence Prevention and Support - 604-254-9626 or info@mosaicbc.org

<https://mosaicbc.org/our-services/violence-prevention-and-support/>

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, Cantonese, Mandarin and Japanese. Additional anti-violence groups/programs available.

MOSAIC - Vietnamese Family Support Program - 604-254-9626 ext.1030

https://www.mosaicbc.org/wp-content/uploads/2017/08/T56770Vietnamese_VFC_June06_Web.pdf

One-on-one or family support and counselling for a variety of life issues. Services available in Vietnamese and English.

Vancouver and Lower Mainland Multicultural Family Support Services Society

Multicultural Outreach/ Stopping the Violence Program - 604-436-1025

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

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

inform'Elles - Ending the Violence Against Women Program - 604-563-8213

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

Conseil en Français. French-language only, 1:1 counselling (in-person, phone or email) for women. Free.

Youth

Urban Native Youth Association (UNYA) - Counselling Program

604-253-5885 or link.counsellor@unya.bc.ca (intake counsellor works on Mondays)

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

Free individual and group clinical counselling for Indigenous youth, ages 13-24.

Or contact the Wellness Centre for drop-in counselling hours: <https://unya.bc.ca/programs/native-youth-health-wellness-centre/>

Dan's Legacy - Therapeutic Counselling Program

tom@danslegacy.com

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

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

Drop-In Counselling Program - The Foundry - 1-833-308-6379 or online@foundrybc.ca

<https://foundrybc.ca/virtual/drop-in-counselling/>

Single-session virtual counselling for youth ages 12-24 and their caregivers. Counselling by voice, video or chat.

PEACE Trauma Counselling - Family Services of Greater Vancouver - 604-731-4951

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

Trauma counselling and therapy for children (age 3-18) affected by family violence. Master's counsellors and supervised interns. Free.

SAIP - Family Services of Greater Vancouver - 604-731-4951

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

Professional counselling for children and youth (up to age 19) who have experienced sexual abuse and their supportive family members.

DiscoverY - 604-538-2522 or discoverY@sources.bc.ca

<https://www.sourcesbc.ca/our-services/discovery/>

Free short-term counselling for youth and young adults ages 15-25. 8 session max.

Kids Help Phone - 24/7 - In English or French

1-800-668-6868 - to talk to a professional counsellor - see webpage for current languages

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

text CONNECT to [686868](tel:686868) for crisis text support - <https://kidshelpphone.ca/text/>

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

Health-Related

Callanish Society - 604-732-0633

<https://www.callanish.org/ongoing-programs>

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.

IBD Centre of BC - Mental Health Services - 604-416-4444

<https://www.ibdcentrebc.ca/services/psychology-services/>

Mental health assessments with possible referral to the counselling program for patients with known or suspected inflammatory bowel disease. **Referral to this program is via a family doctor/physician only.** Free for patients with a BC Care Card.

Inspire Health - 604-734-7125

<https://www.inspirehealth.ca/programs/clinical-services/clinical-counselling/>

Short-term, cancer-focused counselling support for those with a cancer diagnosis or their loved ones. Counselling provided by master's level therapists. Free. No referral required.

Well Being Program for Deaf, Hard of Hearing and Deaf-Blind

778-819-0951 (voice) 778-987-4174 (text) 604-456-0901 (TTY only)

<https://deafwellbeing.vch.ca/services/adults/>

Free counselling and mental health support services for deaf, hard of hearing and deaf-blind individuals and their families across BC. Accessible for all communication needs and modalities.

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! Typically, you would pay the therapist first and they give you a receipt for reimbursement through your extended health. A very limited amount of local, private therapists offer direct billing. 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/>

Private Sliding-Scale Counsellor/Clinic Directory

Some private counsellors and clinics offer subsidized counselling, often provided by counselling students. I have a companion directory, *Private Sliding Scale Counsellors/Clinics in BC* <https://willowtreecounselling.ca/wp-content/themes/willowtree/sliding-scale-counselling-list.pdf>.

If you are a BC-based, registered, master's or PhD-level private counsellor or counselling clinic that is offering sliding scale counselling, and you would like to be listed, please complete this form <https://forms.gle/bUSeMQoia9J79Vy36> and I will review your submission for possible inclusion on this list.

Use Of This List

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 and I will consider it for inclusion. Corrections to megan@willowtreecounselling.ca also welcome.

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, or wait lists may be closed. You may wish to add yourself to several waiting lists to potentially increase the speed of you being able to access counselling.

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.

Information revised by Willow Tree Counselling in January 2024. Please check if you think you may have an old copy. Or email megan@willowtreecounselling.ca to be notified of quarterly updates.

Also visit: [Crisis Services and Hotlines in Vancouver](#)



**Willow Tree
Counselling**

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