

# 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/](http://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/cnps/scarfe-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.

**Living Systems Counselling** - 604-926-5496, ext. "0"

<http://www.livingsystems.ca/counselling/locations-fees-services#Counselling>

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>

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**

**Family Services of Greater Vancouver, Service Options** - 604-731-4951

<https://www.optionsforsexualhealth.org/providers/family-services-of-greater-vancouver-lgbt-service-options>

Professional counselling for LGBTQ individuals and couples.

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

<http://checkhimout.ca/him-sexual-health-centre/supportcounselling/>

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

<http://www.qmunity.ca/older-adults/resources/counselling/>

Counselling for members of the GLBTQ communities.

## Trauma

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

<http://www.fsgv.ca/find-the-support-you-need/counselling/specialized-counselling-services-for-adults/>

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

**Work BC / Family Services of Greater Vancouver** - 604-434-0367

<http://vancouvercitycentreesc.ca/free-counselling-sov/>

Counselling for individuals with a history of violence or abuse, which could be affecting their ability to find and keep a job. Up to 10 personal counselling sessions with a registered counsellor to support employment goals.

**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

<http://www.fsgv.ca/find-the-support-you-need/counselling/specialized-counselling-services-for-adults/>

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

<http://www.bwss.org/services/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.

## Addictions

**Addictions Services, Vancouver Coastal Health** - 1-866-658-1221 (9am-7:45pm, 7 days a week)

<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** - 604-875-4794

<http://psychiatry.vch.ca/opt.htm>

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** - 604-875-4794

<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.

**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**

Counselling and Wellness Centre

[www.mdabc.net](http://www.mdabc.net)

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

## Multilingual

**SUCCESS - Individual and Family Counselling Program - 604-408-7266**

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

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

## 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

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

## Faith-Based/Religious

**Catholic Family Services - 604-443-3220**

[http://www.rcav.org/olmf/Office\\_of\\_Life\\_Marriage\\_and\\_Family\\_Counselling/](http://www.rcav.org/olmf/Office_of_Life_Marriage_and_Family_Counselling/)

Individual, couple and family counselling available to Catholic and non-Catholic families. Sliding scale. Offices in Vancouver and Surrey.

**Jewish Family Services - 604-637-3309**

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

Sliding scale counselling to the Jewish and non-Jewish community.

## 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/>

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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.**

***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 (ACC) at VGH, available 24-7, 365 days a year. Phone, drop-in and outreach support available.**

**604-875-8289**

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

**803 West 12th Avenue Vancouver, BC**

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

***Information revised by Willow Tree Counselling in September 2017.***

**Willow Tree Counselling**

[willowtreecounselling.ca](http://willowtreecounselling.ca)

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