

Reduced-Cost Counselling Options in Vancouver

April 2026

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

- The information contained in this directory is compiled and updated quarterly by Willow Tree Counselling. Willow Tree Counselling is not affiliated with these services and listings do not constitute an endorsement. ***As this is a private, volunteer-run list, Willow Tree Counselling reserves the right to add or remove listings at any time, for any reason.***
 - **Email megan@willowtreecounselling.ca with changes**, as it is not possible to re-check each entry individually for accuracy due to time constraints.
 - Wait times vary and some waiting lists may be closed. Contact clinic to inquire.
- ***Willow Tree Counselling does not offer free counselling to the public*** •

Old version? The most current version is *always* at this permalink:
<https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>

Please bookmark!

Or

Email megan@willowtreecounselling.ca to be notified when the lists are revised

Megan can no longer respond to emails asking "can you send me the current version of the list?"

Please share this list widely, in the hope that all who want counselling can access it 🙌

Contents:

General Counselling
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See Also: 

Crisis Services and Hotlines in Vancouver

willowtreecounselling.ca/wp-content/themes/willowtree/crisis-services-hotlines-vancouver.pdf

Private Sliding-Scale Counselling (BC-Wide)

willowtreecounselling.ca/wp-content/themes/willowtree/sliding-scale-counselling-list.pdf

Group Support in Metro Vancouver

willowtreecounselling.ca/wp-content/themes/willowtree/group-support.pdf

General Counselling

Adler Centre - Counselling Clinic

604-742-1818 or info@adlercentre.ca • 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; \$125-\$140 with registered counsellor.

BeMorr Society - Counselling Assistance Program

bemorrscociety.ca/services

Up to 100% funding for brief counselling for mental health concerns (including PTSD and suicidal ideation) with society-affiliated counsellors. 1:1 parent coaching and peer support groups also available.

Canadian Mental Health Association: North and West Vancouver Branch Brief Counselling Service

604-987-6959 • 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 (\$70). In-person, virtual or walking therapy available.

Elizabeth Fry Society of Greater Vancouver - EFry Counselling Program

604-545-0437 • efry.com/counselling

No-cost, short-term goal-focused counselling for self-identifying women to support their mental wellness. Maximum 12 sessions of virtual individual counselling provided by interns and master's-level counsellors.

Family Services of Greater Vancouver - Richmond Counselling Program

604-731-4951 | contactus@fsgv.ca • fsgv.ca/programs/traumacounselling

Brief counselling, up to 12 sessions for individuals, couples and families (adults, children).

Family Services of the North Shore

604-988-5281 ext.226 | familyservices.bc.ca/find-support/counselling-support

Professional counselling for North Shore residents. Sliding Scale: \$30-\$125/hr.

Free Counselling Society Canada

778-744-3488 (call or text) or TeamLead@FreeCounsellingCanada.ca • freecounsellingcanada.ca

Free professional video or phone counselling provided by volunteer counsellors and supervised counselling interns. Maximum 12 sessions. Service available Canada-wide in multiple languages. Agency does not provide crisis counselling or emergency services.

Gordon Neighbourhood House

604-683-2554 | counselling@gordonhouse.org • gordonhouse.org/programs/free-counselling

Sort-term counselling for Lower Mainland residents, provided by registered clinical counsellors in partnership with City University Community Clinic. Sliding scale \$5.50-\$55. 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.

HealthMind Counselling Clinic

604-256-5117 or info@healthmind.ca • healthmind.ca/professional-services/clients/
In-person and online counselling. Counselling provided by supervised counselling graduate students from City University (\$30-\$55) or with a registered counsellor (\$120).

Kitsilano Neighbourhood House

604-736-3588 ext.128 | counselling@kitshouse.org • kitshouse.org/all-programs
Free counselling by phone or Zoom, in partnership with City University (counselling interns).

Little Mountain Neighbourhood House - Counselling and Art Therapy

236-862-2903 (Ask for Lynette) • lmnhs.bc.ca/mental-health
Counselling and art therapy provided by counselling interns, for teens, adults and seniors, by appointment only. Mostly online with limited in-person availability. \$10 with neighbourhood house membership.

Living Systems Counselling Society

604-926-5496 • 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.

Moving Forward Family Services

877-485-5025 intake form: <https://hushforms.com/movingforwardfamilyservices>
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. Multiple languages. Contact for fees.

Mt. Pleasant Neighbourhood House

604-879-8208 | counselling@mphnh.org • mphnh.org/multigenerational
Counselling provided by master's level or doctoral interns with Adler Community Health Services. Mostly in-person, some online counselling.

Oak Counselling

intakes@oakcounselling.org • 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, phone or in-person sessions. Waitlist 1-6 months, no crisis counselling.

Pearl Space Society - Counselling Program

604-892-5748 • pearlspace.ca | pearlspace.janeapp.com
Free virtual counselling across all of BC and in-person in Whistler and Squamish. Counselling provided by supervised graduate students in psychology, counselling and social work from an intersectional feminist framework. Counselling available to all genders, ages 16+

Psychological Services and Counselling Training Centre - UBC

604-822-1364 • psctc.educ.ubc.ca/facilities-services/
*Free for adults and children 10+. Counselling with UBC psychology graduate students, supervised by a psychologist. Clinic runs from September to April. \$25 for those with limited income, \$10 for UBC students. Limited psychoeducational assessments for children (\$1800)
Check to see if waitlist is open.*

Simon Fraser University - Counselling Clinics

• **Surrey Clinic** - 778-706-0085 or scc_admin@sfu.ca
sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html

Availability throughout the year varies. Services are free.

• **Burnaby Clinical Psychology Centre**- 778-782-4720
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.

South Vancouver Neighbourhood House, Counselling Services

counselling@southvan.org • southvan.org/program_category/community-programs

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

UBC Psychology Clinic

604-822-3005 or clinic@psych.ubc.ca • 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.**

Vancouver Art Therapy Institute Student Clinic

info@vati.bc.ca • vati.bc.ca/art-therapy-clinic-supervision

Free art therapy by students supervised by registered art therapists who are also clinical counsellors. \$10 materials fee. Online only. Serves adults and adolescents.

Wirth Foundation

wirthfoundation.org/pages/apply-for-therapy

Eight free mental health counselling sessions, every 12 months, for low-income people or those experiencing other barriers to counselling. Counselling provided by the organization's registered mental health professionals. Applications open to those living in Canada and the US.

The Woods Arts and Wellness

hello@thewoods.org • thewoods.org/income-based-counselling

Registered charity offering nature- and expressive arts therapies with registered therapists and interns. Sliding scale rates range from \$30-\$150 (0.1% of household income with documentation).

Grief Support

Charlene Reaveley Children's Charity Society

info@crccs.ca • crccs.ca/counselling

Up to 10 sessions of 100% funded counselling for both children and families (parents/guardians, siblings) who have suffered the loss of an immediate family member. Counselling available at the Society or clients can choose a private, licensed therapist, approved by the Society. Available BC-wide.

Learning Through Loss Society

250-413-3114 • info@learningthroughloss.org

learningthroughloss.org/counselling

Short-term online grief/loss counselling for youth ages 13-24, anywhere in BC, provided by master's level counsellors. Includes any form of loss—not restricted to death-related loss. Free.

Vancouver Hospice Society

604-737-7305 ext. 216 • counselling@vancouverhospice.org

vancouverhospice.org/services/grief-support/individual-and-family-counselling

Up to 6 free individual or family sessions specific to grief with a clinical counsellor. In-person or online.

LGBTQ+

Catherine White Holman Wellness Centre

604-442-4352 • cwhwc.com/services

Counselling currently limited to hormone, surgical readiness, name/gender marker changes for trans and gender-diverse people.

Heath Initiative for Men (HIM)

604-488-1001 ext. 230 • checkhimout.ca/programs-and-services/mental-health/counselling/

Counselling for eligible gay, bi, and queer men and women (GBQ) and gender-diverse folks residing in BC. Free/by-donation, reduced cost and private counselling options available.

Qmunity - Counselling Program

counselling@qmunity.ca • qmunity.ca/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.

Trauma

Atira Community Services Society - Stopping The Violence Counselling

604-331-1407 ext. 106 or 107 • 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.

Battered Women's Support Services

604-687-1868 • 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.

BC Society for Male Survivors of Sexual Abuse

604-682-6482 • 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.

Crime Victims Assistance Program

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

Family Services of Greater Vancouver: Stopping The Violence Counselling

604-731-4951 | contactus@fsgv.ca • fsgv.ca/programs/traumacounselling
Individual and group counselling for women (cis and trans and other marginalized genders) who have experienced violence.

MMIWG2S Family Counselling - Salal Sexual Violence Support Centre

604-255-6344 • 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.

MOSAIC - Stopping the Violence Program

604-254-9626 | info@mosaicbc.org
mosaicbc.org/our-programs/counselling-support-for-victims-of-violence
1:1 counselling for self-identified women experiencing or at risk of abuse or violence in an intimate relationship. Counselling available in English, French, Farsi, Vietnamese and Spanish.

Residential Historical Abuse Program (RHAP)

604-875-4255 • 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.)

Salal Sexual Violence Support Centre

604-255-6344 • wavaw.ca/counselling/#counselling

Up to 25 sessions of individual counselling and/or 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.

Specialized Counselling & Trauma Services: Family Services of Greater Vancouver

604-874-2938 • fsgv.ca/programs/traumacounselling

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.

Vancouver Association for Survivors of Torture (VAST)

604-255-1881 or Toll Free: 1-866-393-3133 • vastbc.ca

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

Seniors

Vital Connections Program

Family Services of Greater Vancouver / Century House

604-519-1064 ext. 2 • fsgv.ca/programs/traumacounselling

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)

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) • fnha.ca/benefits/mental-health

Mental health provider list:

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.

Indian Residential Schools Survivors Society - Counselling Services

604-985-4464 | reception@irsss.ca • irsss.ca/counselling

Culturally-based counselling for survivors, their families and communities.

Indigenous Counselling Program: Salal Sexual Violence Support Centre

604-255-6344 • 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.

Metro Vancouver Indigenous Counselling

604-256-5850 • mVIC.ca/counselling-intake-form

Free professional counselling for Indigenous individuals with First Nations status who are registered with the First Nations Health Authority or access the counselling student free clinic (8 sessions max, available October-March).

Metis Counselling Connection Program

mentalhealthnavigation@mnbc.ca

mnbc.ca/work-programs/programs-services/metis-counselling-connection-program-waitlist

Up to 10 counselling sessions for Metis citizens in financial need.

Missing and Murdered Indigenous Women and Girls Health Support Services

1-855-550-5454 (toll free) • mmiwg-ffada.ca/aftercare-services

Free professional counselling for survivors, family members and those affected by the issue of missing and murdered Indigenous women and girls. Counselling provided by psychologists and social workers who are registered with Indigenous Services Canada.

Vancouver Aboriginal Friendship Centre - Counselling and Emotional Support

604-251-4844 ext. 332 or wellness@vafcs.org • vafcs.org/mental-health-%26-wellness

In-person and virtual pay-what-you-can professional counselling for Indigenous people (ages 14+) without insurance (up to 12 sessions) and free, unlimited emotional support services to any individuals seeking support.

Vancouver Black Therapy and Advocacy Foundation

vancouverblacktherapyfoundation.com

The free counselling program links Black community members with accredited Black local counsellors in Metro Vancouver. Priority for Black, disabled and LGBTQIA+ folks. One intake round per year. Foundation also has a low-cost counselling program.

Check link for availability.

Substance Use

Gambling Support BC

1-888-795-6111 (available 24/7) • gamblingsupportline.ca

Free short-term 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.

Boys and Girls Clubs - Substance Use Counselling Services

604-879-6554 • bgcbc.ca/counselling-support-services/substance-abuse-counselling-services

Free counselling for youth ages 13-24, concerned about their substance use or a loved one's substance use. Family members or service providers concerned about a youth's substance use can also access counselling.

Burnaby Substance Use Services

604-777-6870

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.

Native Courtworker and Counselling Association of BC: Drug & Alcohol Services

604-628-1134 • 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.

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.

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. Vancouver and Richmond residents only.

Mental Health

Bounce Back Program - Canadian Mental Health Association

1-866-639-0522 • bouncebackbc.ca

Telephone coaching for adults and youth (13+) with mild-moderate depression with or without accompanying anxiety. Check for current language availability. Provider referral required to access the coaching program (including doctors, nurse practitioners, psychiatrists, psychologists, school counsellors, social workers, or registered clinical counsellors). Free.

Looking Glass Foundation: Bridge The Gap Program

604-314-0548 • lookingglassbc.com/programs/bridge-the-gap/

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

Mood Disorders Association of BC - Counselling and Wellness Centre

604-873-0103 ex.2 • lookoutsociety.ca/mdabc/counselling-and-wellness

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

Personality Disorder BC

personalitydisorderbc.ca/referrals

*Individual and group transference-focused psychotherapy for borderline and narcissistic personality disorders. Services covered under MSP. Referrals screened for compatibility; not all referrals accepted. ***Currently not accepting referrals for individual psychotherapy.****

Resistance Resilience Network

resistance.resilience1312@gmail.com • resistanceresilience.com/about

Free mental health support for individuals facing burnout or other mental health effects of engaging in anti-oppression work.

SAFER - Vancouver Coastal Health

604-675-3700 • 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.

Vancouver General Hospital - Mental Health Outpatient Services

604-675-370 • vch.ca/en/location/vancouver-general-hospital/services (type service name into search)

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

Multilingual

Free Counselling Society Canada

778-744-3488 (call or text) or TeamLead@FreeCounsellingCanada.ca • freecounsellingcanada.ca
Free professional video or phone counselling provided by volunteer counsellors and supervised counselling interns. Maximum 12 sessions. Service available Canada-wide in multiple languages. Agency does not provide crisis counselling or emergency services.

inform'Elles - Ending the Violence Against Women Program

604-735-4650 • informelles.ca
soutien@informelles.ca (pour les femmes Francophones)
Conseil en Français. French-language only, 1:1 counselling (phone or email) for women. Free.

MOSAIC - Stopping the Violence Program

604-254-9626 or info@mosaicbc.org
mosaicbc.org/our-programs/counselling-support-for-victims-of-violence
1:1 counselling for self-identified women experiencing or at risk of abuse or violence in an intimate relationship. Counselling available in English, French, Farsi, Vietnamese and Spanish.

MOSAIC - Vietnamese Family Support Program

604-254-9626 ext.1030
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.

Moving Forward Family Services

877-485-5025 • 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. Multiple languages. Contact for fees.

SUCCESS - Individual and Family Counselling

604-408-7266 or 604-684-1628 • 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.

Vancouver & Lower Mainland Multicultural Family Support Services Society Multicultural Outreach/ Stopping the Violence Program

604-436-1025 • 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.

Youth

Boys and Girls Clubs - Substance Use Counselling Services

604-879-6554 • bgcbc.ca/counselling-support-services/substance-abuse-counselling-services
Free counselling for youth ages 13-24, concerned about their substance use or a loved one's substance use. Family members or service providers concerned about a youth's substance use can also access counselling.

Dan's Legacy - Therapeutic Counselling Program

tom@danslegacy.com • 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.

DiscoverY

604-538-2522 or discoverY@sources.bc.ca • sourcesbc.ca/our-services/discovery
Free short-term counselling for youth and young adults ages 15-25. 8 session max.

Youth and Family Counselling - The Foundry

1-833-308-6379 or online@foundrybc.ca • foundrybc.ca/foundry-virtual-bc/
Counselling for youth ages 12-24 and their caregivers. Counselling by voice, video or chat or in-person at participating centres.

Kids Help Phone - 24/7

1-800-668-6868 - to talk to a professional counsellor - see webpage for current languages
kidshelpphone.ca (to start live chat) or access online resources
text CONNECT to 686868 for crisis text support - kidshelpphone.ca/text
Phone, text or live chat. Anonymous and confidential. No need to give your name.

Learning Through Loss Society

250-413-3114 • info@learningthroughloss.org
learningthroughloss.org/counselling
Short-term online grief/loss counselling for youth ages 13-24, anywhere in BC, provided by master's level counsellors. Includes any form of loss—not restricted to death-related loss. Free.

Naria Foundation

info@nariafoundation.com • nariafoundation.com
Counselling for youth (16-24) impacted by the psychological consequences of traumatic stress, homelessness, substance use or other related changes. Offers financial support, in conjunction with health partners, to fill in gaps in government programs to eligible youth.

PEACE Trauma Counselling - Family Services of Greater Vancouver

604-731-4951 • fsgv.ca/programs/traumacounselling
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 • fsgv.ca/programs/traumacounselling
Professional counselling for children and youth (up to age 19) who have experienced sexual abuse and their supportive family members.

Urban Native Youth Association (UNYA) - Native Youth Health and Wellness Centre

604-254-7732 or info@unya.bc.ca

unya.bc.ca/health-wellness/native-youth-health-wellness-centre/

Free individual and group clinical counselling for Indigenous youth, ages 12-30. Drop-ins welcome or by appointment. Elder support also available.

Health-Related

Callanish Society

604-732-0633 • callanish.org/ongoing-programs

Counselling for adults and youth affected by cancer at any stage. Sliding scale rate ranging from \$50 to \$150 / session. Check to see if waitlist is open.

IBD Centre of BC - Mental Health Services

604-416-4444 • ibdcentrebc.ca/services/psychology-services

Mental health assessments with possible referral to the counselling program for patients with known or suspected inflammatory bowel disease. Free for patients with a BC Care Card.

****Referral to this program is via a family doctor/physician only.****

ICBC - Enhanced Care Program

icbc.com/claims/injury/accessing-treatment-during-your-first-12-weeks-of-recovery

Up to 12 pre-approved counselling or psychologist sessions for anyone involved in a car accident, regardless of fault, in the first 12 weeks of recovery. Mental health practitioner must be on the list of ICBC approved providers <https://icbc.com/claims/injury/find-a-health-care-provider>

Inspire Health

604-734-7125 • 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.

Parkinson Society of BC

604-662-3240 • parkinson.bc.ca/resources-services/counselling

Free, short-term professional counselling and psychotherapy for individuals across BC with Parkinson's disease and their families.

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

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

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 growing amount of local, private clinics offer direct billing. I have written extensively about 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/>

Use Of This List

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 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. This list does not represent all not-for-profit counselling services in Metro Vancouver. As I am not able to go through each listing in detail on a quarterly basis, corrections to megan@willowtreecounselling.ca are most 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.

If you are in a position to donate to these worthwhile counselling programs, please consider doing so!

willowtreecounselling.ca | megan@willowtreecounselling.ca | 604-521-3404