

# Reduced-Cost Counselling Options in Vancouver October 2025

**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 counselling 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](mailto:megan@willowtreecounselling.ca) with changes, or to be notified quarterly when revised. ***Willow Tree Counselling does not offer free counselling to the public.***

**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, please print only the section(s) you need..

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

***Old version? The most current version can be found at this permalink:***  
<https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf>  
***Please bookmark!***

---

## Contents:

General Counselling  
Grief Support  
LGBTQ+  
Trauma  
Seniors  
BIPOC

Substance Use  
Mental Health  
Multilingual  
Youth  
Health-Related

---

**See Also:** 

### **Crisis Services and Hotlines in Vancouver**

[willowtreecounselling.ca/wp-content/themes/willowtree/crisis-services-hotlines-vancouver.pdf](https://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](https://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](https://willowtreecounselling.ca/wp-content/themes/willowtree/group-support.pdf)

# **General Counselling**

## **Adler Centre - Counselling Clinic**

604-742-1818 or [info@adlercentre.ca](mailto:info@adlercentre.ca) • [adlercentre.ca/counselling](http://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**

[bemorr society.ca/services](http://bemorr society.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](http://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](http://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](mailto:contactus@fsgv.ca) • [fsgv.ca/programs/traumacounselling](http://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](http://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](mailto:TeamLead@FreeCounsellingCanada.ca) • [freecounsellingcanada.ca](http://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](mailto:counselling@gordonhouse.org) • [gordonhouse.org/programs/free-counselling](http://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.*

**\*Waitlist currently closed—not accepting referrals.\***

### **HealthMind Counselling Clinic**

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

### **Kitsilano Neighbourhood House**

604-736-3588 ext.128 | [counselling@kitshouse.org](mailto:counselling@kitshouse.org) • [kitshouse.org/all-programs](http://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](http://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](http://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](mailto:counselling@mphnh.org) • [mphnh.org/multigenerational](http://mphnh.org/multigenerational)  
*Counselling provided by master's level or doctoral interns with Adler Community Health Services. Mostly in-person, some online counselling.*  
**\*Currently not accepting clients. Check back in Fall\***

### **Oak Counselling**

[intakes@oakcounselling.org](mailto:intakes@oakcounselling.org) • [oakcounselling.org/index.php/counselling](http://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.*

### **Psychological Services and Counselling Training Centre - UBC**

604-822-1364 • [psctc.educ.ubc.ca/facilities-services/](http://psctc.educ.ubc.ca/facilities-services/)  
*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. \$25 for those with limited income, \$10 for UBC students.*  
**\*Check to see if waitlist is open.\***

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

• **Surrey Clinic** - 778-706-0085 or [scc\\_admin@sfu.ca](mailto:scc_admin@sfu.ca)  
[sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html](http://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](http://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](mailto:counselling@southvan.org) ● [southvan.org/program\\_category/community-programs](http://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](mailto:clinic@psych.ubc.ca) ● [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.\**

**Vancouver Art Therapy Institute Student Clinic**

[info@vati.bc.ca](mailto:info@vati.bc.ca) ● [vati.bc.ca/art-therapy-clinic-supervision](http://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.

**The Woods Arts and Wellness**

[hello@thewoods.org](mailto:hello@thewoods.org) ● [thewoods.org](http://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).*

**\*Services currently suspended until further notice\***

## **Grief Support**

**Charlene Reaveley Children's Charity Society**

[info@crccs.ca](mailto:info@crccs.ca) ● [crccs.ca/counselling](http://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](mailto:info@learningthroughloss.org)

[learningthroughloss.org/counselling](http://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](mailto:counselling@vancouverhospice.org)

[vancouverhospice.org/services/grief-support/individual-and-family-counselling](http://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](http://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/](http://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](mailto:counselling@qmunity.ca) • [qmunity.ca/counselling](http://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](http://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](http://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](http://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](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.*

## **Family Services of Greater Vancouver: Stopping The Violence Counselling**

604-731-4951 | [contactus@fsgv.ca](mailto:contactus@fsgv.ca) • [fsgv.ca/programs/traumacounselling](http://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](http://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](mailto:info@mosaicbc.org)

[mosaicbc.org/our-programs/counselling-support-for-victims-of-violence](http://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](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.)*

## **Salal Sexual Violence Support Centre**

604-255-6344 • [wavaw.ca/counselling/#counselling](http://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](http://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](http://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](http://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](http://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](http://fnha.ca/benefits/mental-health)

#### ***Mental health provider list:***

[fnha.ca/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf](http://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](mailto:reception@irsss.ca) • [irsss.ca/counselling](http://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](http://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/mental-health-and-wellness-program](http://mvic.ca/mental-health-and-wellness-program)

*Free professional counselling for Indigenous individuals with First Nations status who are registered with the First Nations Health Authority.*

### **Metis Counselling Connection Program**

[mentalhealthnavigation@mnbc.ca](mailto:mentalhealthnavigation@mnbc.ca)

[mnbc.ca/work-programs/programs-services/metis-counselling-connection-program-waitlist](http://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](http://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](mailto:wellness@vafcs.org) • [vafcs.org/mental-health-%26-wellness](http://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](http://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**

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

1-888-795-6111 (available 24/7) • [bcresponsiblegambling.ca/getting-help/find-counsellor](http://bcresponsiblegambling.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.*

### **Boys and Girls Clubs - Substance Use Counselling Services**

604-879-6554 • [bgcbc.ca/counselling-support-services/substance-abuse-counselling-services](http://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](http://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 • [fraserside.bc.ca/mental-health-and-counselling/perspectives-addiction-services](http://fraserside.bc.ca/mental-health-and-counselling/perspectives-addiction-services)

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

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

604-628-1134 • [nccabc.ca/wellness/#indigenous-outpatient-addiction-counselling-detox-support](http://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](http://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 • [bounceback.ca](http://bounceback.ca)

*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.*

### **Looking Glass Foundation: Bridge The Gap Program**

604-314-0548 • [lookingglassbc.com/programs/bridge-the-gap/](http://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](http://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](http://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](mailto:resistance.resilience1312@gmail.com) • [resistanceresilience.com/about](http://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](http://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](http://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](mailto:TeamLead@FreeCounsellingCanada.ca) • [freecounsellingcanada.ca](http://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**

604-563-8213 • [informelles.ca](http://informelles.ca)

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

## **MOSAIC - Men in Change Program**

604-254-9626 or [info@mosaicbc.org](mailto:info@mosaicbc.org)

[mosaicbc.org/our-programs/men-supporting-healthy-relationships](http://mosaicbc.org/our-programs/men-supporting-healthy-relationships)

*Individual and group counselling to help prevent the occurrence or recurrence of domestic violence. For men who want to take responsibility for their behaviour and work towards change. Vancouver and Surrey. Services in English, Hindi, Punjabi and Urdu.*

**\*Program Currently Paused - Not Accepting Clients\***

## **MOSAIC - Stopping the Violence Program**

604-254-9626 or [info@mosaicbc.org](mailto:info@mosaicbc.org)

[mosaicbc.org/our-programs/counselling-support-for-victims-of-violence](http://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](http://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](http://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](http://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](http://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](http://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](mailto:tom@danslegacy.com) • [danslegacy.com/help](https://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](mailto:discoverY@sources.bc.ca) • [sourcesbc.ca/our-services/discovery](https://sourcesbc.ca/our-services/discovery)

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

## **Drop-In Counselling Program - The Foundry**

1-833-308-6379 or [online@foundrybc.ca](mailto:online@foundrybc.ca) • [foundrybc.ca/virtual/drop-in-counselling](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.*

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

1-800-668-6868 - to talk to a professional counsellor - see webpage for current languages  
[kidshelpphone.ca](https://kidshelpphone.ca) (to start live chat) or access online resources

text CONNECT to 686868 for crisis text support - [kidshelpphone.ca/text](https://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](mailto:info@learningthroughloss.org)

[learningthroughloss.org/counselling](https://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](mailto:info@nariafoundation.com) • [nariafoundation.com](https://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](https://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](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.*

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

604-254-7732 or [info@unya.bc.ca](mailto:info@unya.bc.ca)

[unya.bc.ca/health-wellness/native-youth-health-wellness-centre/](https://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](http://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](http://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.\****

### **Inspire Health**

604-734-7125 • [inspirehealth.ca/programs/clinical-services/clinical-counselling](http://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](http://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](http://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 limited but 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

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](mailto: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](http://willowtreecounselling.ca) | [megan@willowtreecounselling.ca](mailto:megan@willowtreecounselling.ca) | 604-521-3404**