

PSCTC - Counselling Resources

Professional Associations

- Canadian Counselling and Psychotherapy Association - <https://www.ccpa-accp.ca/find-a-canadian-certified-counsellor/>
- BC Association of Clinical Counsellors - <https://bcacc.ca/counsellors/>
- College of Psychologists of BC - <https://referral.psychologists.bc.ca/>

Crisis			
Name	Contact Information	Website	Services
Talk Suicide Canada - National Suicide Hotline	1-833-456-4566 (24/7) or text: 45645 (1-9 pm PT)	https://talksuicide.ca/	Nationwide, free, 24-hour, bilingual support to anyone who is facing suicide.
Crisis Intervention and Suicide Prevention Centre of BC	1-800-784-2433	https://crisiscentre.bc.ca/get-help/	Immediate access to barrier-free, non-judgmental, confidential support and follow-up through 24/7 phone lines and online services.
Fraser Health Crisis Line	604-951-8855 1-877-820-7444 (toll-free)	https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/emergency-help-for-mental-health-and-substance-use-concerns	Toll-free telephone support and crisis intervention counselling, 24 hours a day, seven days a week.
Access and Assessment Centre (AAC)	604-675-3700 or drop in from 7:30 am to 11 pm, 7 days a week	https://www.vch.ca/en/service/access-and-assessment-centre-aac#wysiwyg--20406	Non-life-threatening mental health or addictions concerns for Vancouver residents. Free.

UBC				
Name	Contact	Website	Services	Fees
Psychological Services and Counselling Training Centre	604-822-1364 psctc.counselling@ubc.ca	https://psctc.educ.ubc.ca/counselling-clinic/	Individual counselling for adults and children 10+. Counselling is provided by counselling psychology students. The clinic runs from September to April. In-person with limited online sessions.	Free
Psychology Clinic	604-822-3005 clinic@psych.ubc.ca	http://clinic.psych.ubc.ca/	Individual and group counselling provided by doctoral student interns serving youth and adults. The clinic runs from September to April, with limited sessions in the summer.	\$10-\$50 per session
UBC Counselling Services	604-822-3811	https://students.ubc.ca/health/counselling-services	Counselling services for UBC students, such as same-day single-session, wellness advising appointments, and group counselling programs. Embedded counsellors are also available for students.	Free for UBC students

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Government Agencies – Specific Programs

Name	Contact	Website	Services	Cost
Vancouver General Hospital - Mental Health Outpatient Services	604-675-3700	https://www.vch.ca/en/location/vancouver-general-hospital/services	Group therapy for depression, anxiety, and concurrent disorders.	Free with a doctor's referral
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 ages 18+ with suicidal thoughts or a history of suicide attempts.	Free
Residential Historical Abuse Program (RHAP)	604-875-4255	https://vch.eduhealth.ca/PDFs/CE/CE.851.S49.pdf	Counselling for those who were sexually abused while under the care of the province (foster care, group homes, etc.)	Free
Substance Use Services, Vancouver Coastal Health	1-866-658-1221	http://www.vch.ca/your-care/mental-health-substance-use/substance-use-services	Substance use assessment, counselling and treatment planning for Vancouver residents.	Free
Mental Health and Substance Use Services, Fraser Health Authority	1-833-898-6200	https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use	Individual and group counselling for people 19+ years of age who are experiencing mental illness and substance use problems in the community.	Free

Remote Counselling Only

Name	Contact	Website	Services	Fees
Wellness Together Canada	1-866-585-0445	https://wellnesstogether.ca/en-CA/service/talk	Register with this service and speak with a professional counsellor 24/7. Text support is also available.	Free
Kelty's Key Online Therapy - VCH	604-675-3700	https://www.keltyskey.com/	Self-directed cognitive-behavioural online therapy	Free
Little Mountain Neighbourhood House	236-862-2903	https://web2.lmnhs.bc.ca/counselling-and-art-therapy/	Counselling for children and adults is provided by supervised counselling students. Counselling is offered mostly online, with limited in-person sessions available.	LMNHS membership required
Kitsilano Neighbourhood House	604-736-3588 ext.128 counselling@kitshouse.org	https://www.kitshouse.org/all-programs/	Online counselling in partnership with City University of Seattle and Stenberg College (counselling students). There is a limit of 10 sessions per participant.	Free
Vancouver Art Therapy Institute Student Clinic	604-681-8284 info@vati.bc.ca	https://www.vati.bc.ca/clinic-supervision/	Virtual art therapy sessions for adults, adolescents, and children over age 5. Sessions are offered by VATI students.	Free

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Vancouver – Downtown

Name	Contact	Website	Services	Fees
No Fear Counselling	778.288.8361 info@nofearcounselling.com	https://www.nofearcounselling.com/	Counselling clinic with 40+ locations across the lower mainland. Individual, couples, family, child and youth counselling services. Online available.	Low-cost options are available with student counsellors.
Adler Centre	604-742-1818 info@adlercentre.ca	https://www.adlercentre.ca/counselling	Individual and couples counselling.	\$115-\$130 - Registered counsellors \$65-\$90 - Counselling students
Living Systems Counselling	604-926-5496	https://livingsystems.ca/counselling/services-and-fees/	Individual, couple and family counselling.	\$65-\$180 - Registered counsellors \$15-\$65 - Counselling students
Health Initiative for Men (HIM)	604-488-1001 ext. 235	https://checkhimout.ca/mental-health/	Professional counselling at for GBQ men and gender diverse people.	Free or reduced fees based on financial needs.
Qmunity - Counselling Program	604-684-5307 ext.107	https://qmunity.ca/get-support/counselling/	Counselling for members of the LGBTQ+ communities. Waitlist estimate time of 6-8 months.	\$60-\$120 – Registered counsellors 10-session limit.
Mood Disorders Association of BC	604-873-0103 ex.2	http://www.mdabc.net/counselling-and-wellness-centre-mdabc	Individual and group counselling	\$95-\$105 – Registered counsellors
SUCCESS Individual and Family Counselling	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.	Charged on a sliding scale based on income.
Jericho Counselling	604-537-4246	https://www.jerichocounselling.com/counselling-services/	Individual, couples and family counselling offered in person, over the phone and online.	\$160-\$180 - Registered counsellors \$90-\$100 - Counselling students
Allura Sex Therapy Centre	604-398-8455 connect@alluracentre.com	https://www.alluracentre.com/	Clinic focused on sex therapy, relationship counselling, sexual trauma counselling, etc.	\$140-\$225 - Registered counsellors \$60-\$70 - Counselling students
Latitude Wellness	778-899-1195	https://www.latitude-wellness.com/counselling	Individual, couples and group counselling services. Online sessions available.	\$150-\$250 - Registered counsellors \$80-\$160 - Counselling students
Thrive Counselling	604-227-0297	https://thrivedowntown.com/	Individual and couples counselling services. Online sessions available.	\$150-\$270 - Registered counsellors \$65-\$80 - Counselling students

Vancouver – East

Name	Contact	Website	Services	Fees
Family Services of Greater Vancouver	604-874-2938 ext. 4141 traumaservices@fsgv.ca	https://fsgv.ca/programs/counselling/	Trauma Counselling programs serve people of all marginalized genders, children, youth, and families who are survivors of trauma, sexual abuse, and family violence.	Free
Jewish Family Services (JFS)	604-558-5726 counsellingintake@jfsvan couver.ca	https://www.jfsvancouver.ca/services/counselling/	Counselling services to youth, adults, seniors, couples, and families.	\$30-\$110 - Registered counsellors Free - Counselling students
Living Systems Counselling	604-926-5496	https://livingsystems.ca/counselling/services-and-fees/	Individual, couple and family counselling.	\$65-\$180 - Registered counsellors \$15-\$65 - Counselling students
Battered Women's Support Services	1-855-687-1868	https://www.bwss.org/support/programs/counselling/	Individual and group counselling services for self-identified women who have experienced domestic violence. Services are provided in person and over the phone. There's a waitlist for individual counselling, but group support is open.	Free
Health Initiative for Men (HIM)	604-488-1001 ext. 235 counselling@checkhimout.ca	https://checkhimout.ca/mental-health/	Professional counselling at for GBQ men and gender diverse people.	Reduced fees/free
Dragonstone Counselling	604-738-7557 dragonstone.counselling@gmail.com	https://www.dragonstonecounselling.ca/	Individual, couples and family counselling for individuals of all ages and genders. Services are offered in multiple languages.	Sliding scale and reduced rates available with both registered counsellors and counselling students.
Borderline Personality Disorder Society of BC	info@bpdbc.ca	https://www.bpdbc.ca/our-services	Online and in-person peer support groups. Dialectical Behaviour Therapy (DBT).	Free
MOSAIC	604-254-9626 info@mosaicbc.org	https://mosaicbc.org/	Counselling and multicultural outreach services to help in immigrants' transition and settlement. Services are available in multiple languages and locations.	Free

Vancouver – West				
Name	Contact	Website	Services	Fees
Salal Sexual Violence Support Centre (formerly WAVAW)	604-255-6344	https://www.salalsvsc.ca/	Individual and group counselling for women, two-spirit, trans and/or non-binary people who have experienced sexualized violence. In-person and online.	Free
Looking Glass Foundation – Bridge the Gap program	604-314-0548	https://www.lookingglassbc.com/bridge-the-gap	Counselling for BC residents experiencing an eating disorder.	\$35 - Counselling students
Jericho Counselling	604-537-4246	https://www.jerichocounselling.com/counselling-services/	Individual, couples and family counselling in person, online and on the phone.	\$160-\$180 - Registered counsellors \$90-\$100 - Counselling students

North Vancouver				
Name	Contact	Website	Services	Fees
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/session
Living Systems Counselling	604-926-5496	https://livingsystems.ca/counselling/services-and-fees/	Individual, couple and family counselling.	\$65-\$180 - Registered counsellors \$15-\$65 - Counselling students
Canadian Mental Health Association	604-987-6959	https://northwestvancouver.cmha.bc.ca/programs-services/counselling/	Up to 8 sessions of counselling for North Shore residents. In-person, virtual or walking therapy.	\$60 - Registered counsellors \$35 - Counselling students
Hollyburn Family Services Society	604-968-8211 counselling@hollyburn.ca	https://www.hollyburn.ca/services/counselling-services/	Counselling services for individuals, couples and families.	\$135-\$150 - Registered counsellors \$60 - Counselling students
North Shore CBT Centre	778-928-9069 info@northshorecbt.com	https://www.northshorecbt.com/	Individual and family counselling. Services are provided in person, online and over the phone.	\$140-\$250 - Registered counsellors \$50-\$75 - Counselling students

Richmond

Name	Contact	Website	Services	Fees
Family Services of Greater Vancouver	604-874-2938 ext. 4141 traumaservices@fsgv.ca	https://fsgv.ca/programs/counselling/	Trauma Counselling programs serve people of all marginalized genders children, youth, and families who are survivors of trauma, sexual abuse, and family violence.	Free (some require a referral from a social worker)
Chimo Community services	604-279-7077	https://chimoservices.com/counselling/	Counselling programs for children, youth, women and adults. Services are provided in multiple languages for residents of Richmond.	Free
Touchstone Family Association	604-279-5599 604-279-1814	https://touchstonefamily.ca/programs-and-services	Counselling and support services for individuals, couples, families, youth and children.	Free

Burnaby

Name	Contact	Website	Services	Fees
Simon Fraser University - Burnaby Clinical Psychology Centre	778-782-4720	https://www.sfu.ca/psychology/clinical-psychology-centre.html	Counselling for individuals, couples and families provided by counselling students.	Based on financial need
Vancouver and Lower Mainland Multicultural Family Support Services	604-436-1025	https://www.vlmfss.ca/multicultural-outreach	Individual and group counselling for women experiencing any form of abuse or violence. Services are provided in person and over the phone.	Free
Burnaby Family Life Institute	604-659-2217 bfl_info@burnabyfamilylife.org	https://www.burnabyfamilylife.org/counselling	Individual and group counselling to adults and children who reside in Burnaby and have experienced trauma due to abuse and domestic violence. Service is open to New Westminister residents if there is a history of childhood sexual abuse.	Free
Cameray Child and Family Services	604-436-9449 admin@cameray.ca	https://www.cameray.ca/counselling-programs/	Counselling services for children, youth and families. Specific referrals are required for each counselling program.	Free

New Westminster				
Name	Contact	Website	Services	Fees
Family Services of Greater Vancouver	604-874-2938 ext. 4141 traumaservices@fsgv.ca	https://fsgv.ca/programs/counselling/	Trauma Counselling Programs serve people of all marginalized genders, children, youth, and families who are survivors of trauma, sexual abuse, and family violence.	Free (some require a referral from a social worker)
Family Services of Greater Vancouver – Vital Connections Program	604-519-1064 ext. 2	https://fsgv.ca/programs/counselling/	Vital Connections Program – Counselling services (online or in person) for adults 50+ living in New Westminster.	Free
Living Systems Counselling	604-926-5496	https://livingsystems.ca/counselling/services-and-fees/	Individual, couple and family counselling.	\$65-\$180 - Registered counsellors \$15-\$65 - Counselling students
Borderline Personality Disorder Society of BC	info@bpdbc.ca	https://www.bpdbc.ca/our-services	Online and in-person peer support groups. Dialectical Behaviour Therapy (DBT).	Free
Cameray Child and Family Services	604-436-9449 admin@cameray.ca	https://www.cameray.ca/counselling-programs/	Counselling services for children, youth and families. Specific referrals are required for each counselling program.	Free

Tri-Cities				
Name	Contact	Website	Services	Fees
SUCCESS Individual and Family Counselling	604-468-6000	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.	Charged on a sliding scale based on income.
Aster Wellness Centre	604-474-2790 info@asterwellness.ca	https://www.asterwellness.ca/counselling/	In-person and virtual counselling sessions for individuals and couples.	\$140-\$350 - Registered counsellors \$55-\$110- Counselling students
Share Family and Community Services	604-540-9161 info@sharesociety.ca	https://sharesociety.ca/general-counselling-services	Counselling services in a variety of languages to support individuals, couples and families. Online sessions available.	Sliding scale system.

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Surrey				
Name	Contact	Website	Services	Fees
Moving Forward Family Services	877-485-5025	https://movingforwardfamilyservices.com	Counselling for individuals, couples and families. Online and phone sessions available.	\$50-\$65 - Registered counsellors \$20-\$35- Counselling students
DiverseCity Community Resources Society	604-547-1202 intake@dcrs.ca	https://www.dcrs.ca/our-services/mental-health-and-substance-use-services/	Counselling services available in several languages for individuals and families.	Free
Surrey Women's Centre	604-589-1868 ext. 231	https://surreywomenscentre.ca/our-programs-crisis-counseling/	Individual and group counselling services to self-identified women and LGBTQIA2S+ individuals.	\$100.00. Up to 48 sessions can be covered by the Crime Victim Assistance Program (CVAP).
Peace Arch Hospice Society	604-531-7484	https://www.peacearchhospice.org/counselling-services/	Counselling services to all ages in White Rock and South Surrey. Services are offered in person, at home or hospital for those with limited mobility.	Free
Peace Portal Counselling Centre	604-542-2501 info@peaceportalcounselling.com	https://www.peaceportalcounselling.com/qry/page.taf?id=15	Individual, couples and group counselling services and workshops.	\$140-\$160- Registered counsellors \$25-\$45- Counselling students

Langley				
Name	Contact	Website	Services	Fees
Langley Community Services Society	604-534-7921	https://www.lcss.ca/programs-and-services/family-counselling/community-counselling/	Counselling services for residents of Langley and Aldergrove who are 16 years and older.	Free (up to eight sessions)
Lavender Counselling	604-455-8399 reception@lavendercounselling.org	https://www.lavendercounselling.com/	Individual, couples and group counselling services. Online sessions available.	\$140-\$160- Registered counsellors \$40.00 - Counselling students
Shoreline Counselling	604-371-4145 info@shorelinecounselling.ca	https://shorelinecounselling.ca/	Individual, couples and group counselling services. Online sessions available.	\$100-\$150 -Registered counsellors \$50.00 - Counselling students
DiverseCity Community Resources Society	604-547-1202 intake@dcrs.ca	https://www.dcrs.ca/our-services/mental-health-and-substance-use-services/	Counselling services available in several languages for individuals and families.	Free

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