



Free & Low-Cost Counselling Resources Vancouver

General Counselling Services	1
Trauma Services	3
Addictions Services	4
LGBTQ2S+ Services	4
Mental Health Services	5
Crisis Resources	6
Accessing Funding for Counselling	6

General Counselling Services

[Family Services of Greater Vancouver](#) intake@fsgv.ca

604-874-2938 or

Masters' level therapists offering individual, couples, and family counselling. Services also provided in Cantonese, Korean, Mandarin, and Spanish.

Cost: Free

Waitlist: Varies

[Oak Counselling](#)

604-266-5611 or info@oakcounselling.org

Masters' level therapists offering individual, couples, and family counselling.

Cost: Sliding scale, \$10-65 per session

Waitlist: 4-5 months

[Living Systems Counselling](#)

604-926-5496 or through [their website](#)

Individual, couples, and family counselling from Bowen family systems perspective provided by masters' level student therapists supervised by experienced clinicians.

Cost: Sliding scale, \$15-50 per session with interns

Waitlist: 1 month



[ProChoices Community Therapy Clinic](#)

appointment@prochoices.ca

Therapy provided by supervised practicum students, clinical counsellors, social workers, and other mental health professionals who are learning the Feminist Narrative therapy approach.

Cost: By donation, minimum \$20 per session

Waitlist: 1-6 months

[Mood Disorders Association of BC](#)

604-873-0103 option 2 or info@mdabc.net

Individual, couples, and family therapy provided by masters' level therapists.

Cost: \$95 per session

Waitlist: No

[Scarfe Counselling - UBC](#)

604-827-1523

Individual counselling provided by masters' level student therapists who are supervised by a registered psychologist.

Cost: Free

Waitlist: Only accepting clients Sept-April

[UBC Psychology Clinic](#)

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

Individual and group counselling provided by doctoral level student therapists who are supervised by a registered psychologist.

Cost: \$15-50 for individual sessions

Waitlist: Only accepting clients Sept-April

[New Westminster Counselling Centre- UBC](#)

604-525-6651

Individual counselling provided by masters' and doctoral level student therapists who are supervised by a registered psychologist.

Cost: Free

Waitlist: Only accepting clients Sept-April

[Surrey Counselling Centre - SFU](#)

604-587-7320

Individual counselling provided by masters' level student therapists who are supervised by experienced faculty clinicians.

Cost: Free

Waitlist: Only accepting clients Sept-April

[Clinical Psychology Centre - SFU](#)

778-782-4720

Individual, couples, and family counselling provided by masters' and doctoral level student therapists who are supervised by a registered psychologist.

Cost: Sliding scale

Waitlist: Closed, accepting new clients fall 2019



[Adler Centre Counselling Clinic](#)

604-742-1818 or apabc@adler.bc.ca

Individual and couples counselling provided by graduate level student therapists who are supervised by an experienced clinician.

Cost: Free

Waitlist: 4-5 weeks

Trauma Services

[VISAC - Family Services of Greater Vancouver](#)

604-874-2938

Individual, family, and group counselling for women who have experienced sexual abuse and/or childhood physical abuse.

Cost: Free

Waitlist: Yes, varies

[Battered Women's Support Services \(BWSS\)](#)

604-687-1868 or information@bwss.org

Individual counselling for women currently experiencing abuse or who are survivors of abuse through Stop the Violence program.

Cost: Free

Waitlist: Varies, up to 18 months

[WAWAW Rape Crisis Centre.](#)

604-255-6344

Individual counselling and group support for cis and trans women, Two-Spirit, trans, and non-binary people who have experienced sexual assault.

Cost: Free

Waitlist: Varies

[MOSAIC BC - Stop the Violence Program](#)

604-254-9626

Individual and group counselling provided for women who have experienced, or are at risk of, abuse in an intimate relationship, sexual assault, or childhood abuse. Services provided in English, Punjabi, and Hindi,

Cost: Free

Waitlist: Varies

[VictimLinkBC](#)

1-800-563-0808

Confidential telephone service that provides information and referral services to all victims of crime, and immediate support to victims of family and sexual violence. Services provided in more than 110 languages. Can connect callers to network of resources, including victim services, transition houses, and counselling resources.

Cost: Free

Waitlist: No



Addictions Services

[Addictions Services - Vancouver Coastal Health](#)

Varies - see website

Individual and group counselling, substance use assessment, and treatment planning provided at community health centres across Vancouver.

Cost: Free

Waitlist: Varies by location

[BC Responsible & Problem Gambling Program](#)

1-888-795-6111

Individual and group counselling for people struggling with gambling and members of their families.

Cost: Free

Waitlist: Varies by location

LGBTQ2S+ Services

[Qmunity](#)

604-684-5307, ex. 107 or

jennie.mw@qmunity.ca

Health and wellness counselling provided by interns and counsellors who are members of the LGBTQ2S+ communities. Maximum of 10 sessions.

Cost: Interns - free; otherwise 60-80\$ per session **Waitlist:** 2-8 weeks

[Health Initiative for Men \(HiM\)](#)

604-488-1001, ex. 235 or counselling@checkhimout.ca

Brief counselling (8 sessions) is available to gay, bisexual and queer men.

Cost: Sliding scale

Waitlist: Varies

[Catherine White Holman Wellness Centre](#)

604-442-4352 or

contactus@cwhwc.com

Provides drop-in counselling for members of trans and gender diverse communities to access support, resources, and referrals to other services.

Cost: Free

Waitlist: Drop-in only



Mental Health Services

[Mental Health Outpatient Services \(VCH\)](#)

Varies - see website

Provides psychiatric assessment, consultation, and time-limited group therapy for adults struggling with specific mental health concerns.

Cost: Free

Waitlist: Varies by location

[Access and Assessment Centre \(AAC\)](#)

604-675-3700

Provides support and pathways to access VCH mental health and substance use services. Can walk-in or call between 7:30am-11pm.

Cost: Free

Waitlist: No

[S.A.F.E.R](#)

604-675-3700

Time-limited counselling offered to community members struggling with thoughts of suicide, their families, as well as those bereaved by suicide. Referrals through the Access and Assessment Centre.

Cost: Free

Waitlist: Varies

[Kelty's Key](#)

Online cognitive behavioural therapy programs for a range of mental health concerns developed by experienced clinicians.

Cost: Free

Waitlist: No

[BounceBack](#)

Free online program or telephone coaching for anxiety and/or depression. Requires referral from GP. Services provided in English, French, Punjabi, Mandarin, and Cantonese.

Cost: Free

Waitlist: No



Crisis Resources

[Vancouver Crisis Centre](#)

604-872-3311 or online chat

Provides 24/7 telephone and online chat crisis support for range of concerns.

Youth Chat (Noon-1am): www.YouthInBC.com

Adult Chat (Noon-1am): www.CrisisCentreChat.ca

Other crisis support lines in BC:

1-800-SUICIDE: 1-800-784-2433

Mental Health Support Line: 310-6789

Seniors Distress Line: 604-872-1234

[BC Bereavement Line](#)

604-738-9950

Provides telephone support for grief and bereavement Monday - Friday, 9am to 5pm.

[Hope for Wellness](#)

1-855-242-3310

Offers immediate phone and online chat mental health counselling and crisis intervention to all Indigenous peoples across Canada. Chat offered in English and French, phone counselling also available in Cree, Ojibway, and Inuktitut.

[KUU-US Crisis Line Society](#)

Adults/elders: 250-723-4050; Children/youth: 250-723-2040

KUU-US Crisis Line Society provides support to callers with in the Port Alberni area as well as Aboriginals throughout the Province of British Columbia.

[Nurse's Line](#)

811

Provides non-emergency health education and advice 24/7 in over 130 languages.

Accessing Funding for Counselling

[Crime Victims Assistance Program \(CVAP\)](#)

1-800-563-0808

Funding for counselling for victims of crime, their immediate family members, and witnesses.

[Residential Historical Abuse Program](#)

604-875-4255 or rhap@vch.ca



Funding for counselling for victims of sexual abuse while a minor living in BC provincial care (foster home, group home, residential facility).

[First Nations Health Authority](#)

1-800-317-7878

Funding for FNHA clients for counselling from approved mental health provider list.