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1. Vancouver Community Counselling & Therapy Resources:

For individuals with extended health benefits coverage for a Registered Clinical Counsellor or wanting a private pay counsellor:
 Visit <http://bc-counsellors.org/>. Search by the type of counselling, city, gender of counsellor, and language of counsellor to find a therapist in British Columbia.

Clinic & Contact Information	Cost	Details
Aboriginal Wellness Program 288-2750 East Hastings Street, Vancouver BC, V5K 1Z9 Tel: 604-675-2551 (Monday – Friday) E-mail: aboriginalwellnessprogram@vch.ca	Free	<ul style="list-style-type: none"> • Individual counselling for clients who are Indigenous • Self-referral only
Adler Centre Counselling Clinic 440-2184 West Broadway, Vancouver BC, V6K 2E1 Tel: 604-742-1818 E-mail: apabc@adler.bc.ca	Sliding scale	<ul style="list-style-type: none"> • Sliding scale individual and couples counselling, starting at \$60 for a Master’s student Intern • Counselling provided by counselling psychology graduate students at the Adler Centre, supervised by an experienced clinician
Archdiocese of Vancouver	Sliding scale	<ul style="list-style-type: none"> • Sliding-scale individual, couples, and family counselling by a registered counsellor who is Catholic or a practicing Christian • Counsellors work throughout the Lower Mainland
Atira Women’s Resource Society 101 East Cordova Street, Vancouver BC, V6A 1K7 Tel: 604-331-1407 ext. 106 or 107	Free	<ul style="list-style-type: none"> • Stopping the Violence counsellors for people identifying as female who reside in the DTES • Individual and group support • <i>For support during the pandemic, call 604-800-8881</i>

<p><u>Battered Women’s Support Services</u> Tel: 604-687-1867 (crisis & intake) Text: 604-652-1867 E-mail: intake@bwss.org</p>	Free	<ul style="list-style-type: none"> • Counselling and healing spaces for women who have experienced abuse in intimate relationships, childhood sexual abuse, adult sexual assault, or women survivors of Residential Schools and/or foster care • Short-term support worker (criminal law) • AWARE (workplace program) offers support with resumes, networking, applying for jobs • Legal program supports women with immigration and family law
<p><u>BC Society for Male Survivors of Sexual Abuse</u> 3126 West Broadway, Vancouver BC, V6K 2H3 Tel: 604-682-6482</p>	Sliding scale	<ul style="list-style-type: none"> • Sliding scale individual and group counselling, with potential for funding from outside agencies • Master’s level students available at reduced rate • No referral required
<p><u>Bounce Back Program (CMHA)</u> Tel: 1-866-639-0522 E-mail: bounceback@cmha.bc.ca</p>	Free	<ul style="list-style-type: none"> • BounceBack is a CBT program which is free, with no wait time, for folks aged 15+ who need help managing low mood, mild to moderate depression and anxiety, stress, or worry • Clients can engage via telephone coaching, videos, or an online program • Requires a referral (with exception of BounceBack Online)
<p><u>Broadway Youth Resource Centre</u> 2455 Fraser Street, Vancouver Tel: 604-709-5720 E-mail: byrc@pcrs.ca</p>	Free	<ul style="list-style-type: none"> • Youth-specific • Counselling program is run by City University - interns from the Master of Counselling program • Wait time depends on client load, usually seen within a week
<p><u>Catherine White Holman Wellness Centre</u> 1145 Commercial Drive Tel: 604-442-4352 E-mail: contactus@cwhwc.com</p>		<ul style="list-style-type: none"> • Drop-in counselling for trans and gender-diverse people, on a first-come, first-serve basis - check site for dates and availability • Also offers massage therapy, nutrition, legal advice, and nursing led primary care

<p><u>CBT Centre of Vancouver</u> 302-1765 West 8th Avenue, Vancouver BC, V6J 5C6 Tel: 604-738-7337</p>	<p>Phone for details</p>	<ul style="list-style-type: none"> • Group of mental health professionals that specialize in treating complex and severely disabling anxiety disorders, as well as clinical depression, eating disorders, and addiction
<p><u>Crime Victims Assistance Program</u> Victim Link BC Tel: 1-800-563-0808 (24/7) Office Tel: 604-660-3888 E-mail: cvap@gov.bc.ca</p>	<p>Phone for details</p>	<ul style="list-style-type: none"> • Financial assistance for counselling for victims of crime, their immediate family members and witnesses, among other services
<p><u>Dan's Legacy</u> 5449 4th Avenue, Delta Tel: 604-999-9136 E-mail: tom@danslegacy.com</p>		<ul style="list-style-type: none"> • For youth 15-25 affected by abuse or addiction issues • Bursaries available, Means Test available online to determine eligibility • Family counselling also available
<p><u>DBT Centre of Vancouver</u> 1040-1200 Burrard Street, Vancouver BC, V6Z 2C7 Tel: 604-569-1156 Email: info@dbt.com</p>	<p>\$125+</p>	<ul style="list-style-type: none"> • Private centre, with fees for service • Partial services may be covered by extended health benefits • Comprehensive DBT, individual therapy (adults and adolescents), group skills program, phone coaching, and consultation
<p><u>Dragonstone Counselling</u> 3105 West 14th Avenue, Vancouver Tel: 604-738-7557 Email: dragonstone.counselling@gmail.com</p>	<p>Sliding scale</p>	<ul style="list-style-type: none"> • Low cost counselling with supervised interns available – connect to inquire about rates • Standard fee: \$110-\$125 • Individual counselling, couples counselling • Gender and sexual orientation, trauma, physical and emotional well-being • Available via phone or Skype for folks unable to access the centre • Languages available: English, Spanish, Farsi, and Cantonese

<p><u>Dialectical Behaviour Therapy (DBT) Group Therapy Vancouver Coastal Health</u> Tel: 604-675-3700 Above number is for the Access and Assessment Centre</p>	Free	<ul style="list-style-type: none"> • 1.5 hours once per week, 26 sessions • Only Vancouver residents • Intake Process (must be self-referral) • Register by phone, one-hour phone screening, one hour Zoom appointment
<p><u>Family Services of Greater Vancouver</u> 401-1638 East Broadway, Vancouver BC V5N 1W1 Tel: 604-874-2938 ext. 4141 E-mail: specializedtraumaservices@fsgv.ca</p>	Free/ Phone for details	<ul style="list-style-type: none"> • Offers a range of specialized trauma services programs, some are on a sliding scale, some free • Languages available: English, Cantonese, Mandarin, Korean, Spanish, and other languages • Trauma services programs serve women and children survivors of incest, trauma, sexual abuse, and family violence
<p><u>Family Services of the North Shore</u> Tel: 604-988-5281 ext. 226 E-mail: intake@familyservices.bc.ca</p>	Sliding scale	<ul style="list-style-type: none"> • Sliding scale (\$20 to 125 per session) • Counselling for children, youth individuals, seniors, couples, and families on the North Shore
<p><u>First Nations Health Authority</u> Tel: 1-800-550-5454 (Toll Free) E-mail: healthbenefits@fnha.ca</p>		<ul style="list-style-type: none"> • FNHA partners with Indigenous Services Canada to offer mental health plans to First Nations in BC • Some supports are available for people who do not have status • List of mental health providers here
<p><u>Foundry</u> 1260 Granville Street, Vancouver Tel: 1-833-308-6379 E-mail: online@foundrybc.ca</p>		<ul style="list-style-type: none"> • Drop-in counselling, appointment required • For youth 12-24 and their caregivers • Counsellors may change between appointments • <i>Appointments currently online via Teams</i>

<p><u>Friends for Life</u> 1459 Barclay Street, Vancouver BC, V6G 1J6 Tel: 604-682-5992 E-mail: info@vancouverfriendsforlife.ca</p> <p>Client and practitioner forms: www.vancouverfriendsforlife.ca/become-a-client-member</p>	Free	<ul style="list-style-type: none"> • Services for those facing challenges associated with HIV, cancer, Hep C and other illnesses • Offers: Reiki, acupuncture, massage therapy, naturopathic medicine, reflexology, yoga, counselling, brunches, cooking classes, art therapy • Fill out form (found online) • Health care provider must also fill out a form (found online)
<p><u>Gordon Neighbourhood House</u> 1019 Broughton Street, Vancouver Tel: 604-683-2554 E-mail: counselling@gordonhouse.org</p>	Free	<ul style="list-style-type: none"> • Counselling offered by City University interns for individuals, couples, groups
<p><u>Health Initiative for Men (HIM)</u> Tel: 604-488-1001 E-mail: counselling@checkhimout.ca</p>	Phone for details	<ul style="list-style-type: none"> • Counselling is open to self-identified men (trans, cis, and other men), two-spirit and non-binary folks who also identify as gay, bi, queer, asexual, and/or as guys who are into/or have sex with guys • Volunteer professional counsellors are available for those with low annual incomes • Counselling is 8-10 weekly sessions, with typically an 8-week waiting period post-intake
<p><u>Jewish Family Services</u> 201-475 East Broadway, Vancouver BC, V5T 1W9 Tel: 604-558-5726 (Lina) E-mail: moskaleva@jfsvancouver.ca</p>	\$30-110	<ul style="list-style-type: none"> • Sliding-scale counselling by a registered counsellor for the Jewish and broader community • Offers youth-specific counselling and services (Youth at Risk Program)
<p><u>Kelty's Key: Online Therapy</u> Vancouver Coastal Health Tel: 604-875-4111 ext. 23614</p>		<ul style="list-style-type: none"> • Includes one initial phone-call intake process • A CBT focused e-mail-based program for those aged 16+. It requires comfortability reading and writing in English, as well as access to the internet

<p><u>Kitsilano Neighbourhood House</u> Tel: 604-736-3588 ext. 128 (Patricia) E-mail: counselling@kitshouse.org</p>	Free	<ul style="list-style-type: none"> • Counselling provided by interns from City University • Kitsilano Neighbourhood House membership required
<p><u>Little Mountain Neighbourhood House</u> 3981 Main Street, Vancouver Tel: 604-879-7104 (Lynette)</p>	Free	<ul style="list-style-type: none"> • Counselling and art therapy provided by student interns • By appointment only, LMNH membership required • For children, youth, adults, seniors
<p><u>Living Through Loss Counselling Society of BC</u> #206-1651 Commercial Drive Tel: 604-873-5013</p>	\$120+*	<ul style="list-style-type: none"> • *There is a small fund available from the BC Gaming Community Grant program that provides some individual sessions at a significantly reduced fee – contact for information • Group and individual counselling
<p><u>Livings Systems Counselling</u> Tel: 604-926-5496 E-mail: info@livingsystems.ca</p>	Sliding Scale	<ul style="list-style-type: none"> • Work with children and adults for a varied length of time and to support with a variety of topics • Sliding-scale counselling, with the possibility of meeting with an Intern or Resident for a lower rate (\$15-50 per session)
<p><u>Mood Disorders Association of BC Counselling & Wellness Centre</u> 480-789 West Pender Street, Vancouver Tel: 604-873-0103 ext. 2 E-mail: info@mdabc.net</p>	\$50+	<ul style="list-style-type: none"> • Low-cost counselling and individual CBT, including lowered rates for sessions with interns (\$50/hr) • Group psychoeducational programs, couples or family counselling sessions available • Referral process on website (complete intake form)
<p><u>Stopping the Violence Counselling</u> MOSIAC Tel: 236-512-6170 E-mail: women.support@mosaicbc.org Monday to Friday, 9am – 5pm</p>	Free	<ul style="list-style-type: none"> • Individual and/or group counselling • For women who have experienced or are at risk of abuse, threats, or violence in an intimate relationship, sexual assault, or childhood abuse • Languages available: English, Punjabi, Korean, Russian, and Hindi

<p><u>Multicultural Victim Services</u> MOSAIC Tel: 236-512-6170 E-mail: victim.support@mosaicbc.org</p>	Free	<ul style="list-style-type: none"> • Services available to all immigrants, refugees, and multicultural populations of all genders and all crimes in Vancouver and Burnaby • Service available in English, Hindi, Punjabi, and Vietnamese • Website offers an extensive list of examples of victimization – such as being assaulted in a relationship (husband, partner, family) or by a stranger, robbed of personal belongings, stalked or harassed, sexually assaulted, or threatened • Service available over the phone • Can accompany people to appointments, support with working with police or lawyers, etc.
<p><u>Men In Change</u> MOSIAC Tel: 604-368-4680 E-mail: adsouza@mosaicbc.org</p>		<ul style="list-style-type: none"> • Immigrant, refugee and visible minority men who have used or are at risk of using violence in relationships and have children under the age of 19 • Learn constructive ways to deal with conflict; identify personal triggers, develop stress management skills and strategies • Service available in English, Hindi, Punjabi, and Urdu • Locations in Vancouver (individual and group sessions) and Surrey (group sessions only)
<p><u>Relationship Violence Prevention Program – Cultural Edition</u> MOSAIC Tel: 778-591-9334 E-mail: ptuli@mosaicbc.org</p>	Free	<ul style="list-style-type: none"> • Program is for men who have used violence in their relationships • 3-hour group sessions, 17 total • Learning outcomes similar to above: learn constructive ways to deal with conflict, identify triggers, move past aggression • Languages available: English, Hindi and Punjabi – possibility for interpreters for additional languages
<p><u>I Belong</u> MOSIAC Tel: 236-991-0107 Email: ibelong@mosaicbc.org</p>	Free	<ul style="list-style-type: none"> • For LGBTQIA2+ immigrant newcomers • Services include peer support group, counselling support group, Beyond Borders & Binaries group, as well as a resource hub for trans newcomers

<p><u>Moving Forward Family Services</u> 101-128727 76th Ave, Surrey Tel: 1-877-485-5025 E-mail: counsellor@movingforwardfamilyservices.com</p>	Free+*	<ul style="list-style-type: none"> • Low-cost individual, couples, and family counselling with a master's level practicum student under supervision (*'Pay what you can' services available also) • CBT and Healthy Relationships coaching programs also available
<p><u>Oak Counselling</u> 949 West 49th Avenue, Vancouver BC, V52 2T1 Tel: 604-266-5611 (24-hour voicemail) Email: info@oakcounselling.org</p>	\$10+	<ul style="list-style-type: none"> • Sliding scale counselling services by a master's level therapist, for individuals, couples, and families
<p><u>QMUNITY</u> 1170 Bute Street, Vancouver BC, V6E 1Z6 Tel: Jennie - 604-684-5307 ext 107 E-mail: jennie.mw@qmunity.ca</p>	Free*	<ul style="list-style-type: none"> • *Limited free counselling sessions available with COVID-19 emergency response funding • Free and reduced-cost (\$70+) health and wellness counselling for individuals, couples, relationships, and families • All counsellors are members of the LGBTQ2S+ communities • Wait time anywhere from 2-8 weeks, waitlist available online
<p><u>REACH</u> 1145 Commercial Drive, Vancouver Tel: 604-251-3000</p>		<ul style="list-style-type: none"> • <i>Offering virtual counselling sessions, covered by MSP</i>
<p><u>Residential Historical Abuse Program</u> 200-520 West 6th Avenue, Vancouver BC, V5Z 4H5 Tel: 604-875-4255 E-mail: rhap@vch.ca</p>	Free	<ul style="list-style-type: none"> • Provides funding for counselling for those who were sexually abused while under the care of the province (foster care, residential facility, etc.) while under 19 years of age • Clients do not need to file a police report to be eligible
<p><u>S.U.C.C.E.S.S.</u> 28 West Pender Street, Vancouver BC, V6B 1R6 General Tel: 604-684-1628 Cantonese/Mandarin: 604-408-7266 Korean: 604-468-6005 ext. 2 Farsi: 604-468-6100 ext. 1</p>	Phone for details	<ul style="list-style-type: none"> • Sliding scale counselling with a focus on helping new immigrants • Languages available: Mandarin, Cantonese, Korean, and English • Play and art therapy also available • Also offers support lines, support groups, and counselling related to problem gambling

<p><u>SAFER at Mental Health & Substance Use Outpatient Services</u> (2nd floor) 803 West 12th Avenue, Vancouver, BC, V5Z 1N1 Tel: 604-675-3700</p>	Free	<ul style="list-style-type: none"> • Suicide Attempt Follow-up, Education, & Research (SAFER) • Counselling for individuals 19 and over who are feeling suicidal or have made a suicide attempt (Self-referral OK) • Also offers support and education for people who are concerned about the risk of suicide in a significant other or bereaved by a suicide death
<p><u>Scarfe Counselling UBC</u> UBC, Vancouver Tel: 604-827-1523 (voicemail)</p>	Free	<ul style="list-style-type: none"> • Clinic runs from September to April • Supervised counselling provided by a master's level student • Services for adults, students, children over age 10
<p><u>South Vancouver Neighbourhood House</u> 6470 Victoria Drive, Vancouver Tel: 604-324-6212 E-mail: counselling@southvan.org</p>	Free	<ul style="list-style-type: none"> • Counselling from City University interns twice per week (Mondays and Thursdays)
<p><u>Stewart & Associates</u> Yaletown, Vancouver Tel: 604-687-7171 E-mail: admin@stewart-assoc.com</p>	\$30+	<ul style="list-style-type: none"> • Sliding scale individual, couple, and family counselling • Languages available: English, French, Italian, Spanish and Farsi • Online intake form
<p><u>Turning Point Therapy</u> #608 – 402 W Pender Street, Vancouver, or 11420 Pemberton Cres., North Delta Tel: 604-638-7221</p>	\$45+	<ul style="list-style-type: none"> • Low cost trauma counselling available with an intern (book online) • No referral needed
<p><u>UBC Psychology Clinic</u> Douglas T. Kenny Building, 2136 West Mall, Vancouver, BC, V6T 1Z4 Tel: 604-822-3005 E-mail: clinic@psych.ubc.ca</p>	\$10+	<ul style="list-style-type: none"> • Individual psychological services provided by graduate students and supervised by a registered psychologist for adults, children, adolescents • Sliding scale of \$15-50/session for individual therapy, \$10-50/session for group therapy

<p><u>Urban Native Youth Association (UNYA)</u> 1618 East Hastings Street, Vancouver Tel: 604-253-5885 E-mail: nativeyouthwellness@unya.bc.ca</p>	Free	<ul style="list-style-type: none"> • Counselling for Indigenous youth, 13-24
<p><u>Vancouver and Lower Mainland Multicultural Family Support Services Society</u> Tel: 604-436-1025</p>	Free	<ul style="list-style-type: none"> • Support workers (not clinical counsellors) for women who are experiencing or have experienced family violence • Multilingual
<p><u>Vancouver Psychology Centre</u> 201-338 West 8th Avenue, Vancouver BC V5Y 3X2 Tel: 604-733-7709 E-mail: office@vancouverpsychologycentre.ca</p>	\$65+	<ul style="list-style-type: none"> • Private pay individual, youth, and family counselling, with lowered rates for sessions with graduate students • Services may be covered by health insurance or employee benefit plan (do not bill directly unless their specific plan bills directly)
<p><u>Vancouver Psychotherapy Centre</u> 400-601 West Broadway, Vancouver BC V5Z 4C2 Tel: 604-558-2115 E-mail: info@vanpsych.com</p>	\$90+	<ul style="list-style-type: none"> • Private pay counselling, CBT, EFT, and DBT • Physician referral required (found on webpage)
<p><u>Vancouver Women's Health Collective</u> 29 West Hastings Street, Vancouver BC V6B 1G4 Tel: 604-736-5262 E-mail: centre@womenshealthcollective.ca</p>	Free*	<ul style="list-style-type: none"> • Focused on low-barrier support for self-identified women through feminist approaches • Sliding scale counselling with limited availability • Art Therapy available • Waitlist form available online • *Also offers free drop-in yoga

<p><u>VAST (Vancouver Association for Survivors of Torture)</u> 2610 Victoria Drive, Vancouver BC V5N 4L2 Tel: 604-255-1881 Toll Free: 1-866-393-3133 E-mail: referrals@vast-vancouver.ca</p>	Free*	<ul style="list-style-type: none"> • *For clients who have refugee status in Canada • Trauma-focused psychological counselling for refugees in one-on-one and group settings • Services are offered in over a dozen languages • Information and advocacy for refugees
<p><u>WAVAW Rape Crisis Centre</u> 2405 Pine Street, Vancouver Office: 604-255-6228 Crisis line: 604-255-6344</p>	Free	<ul style="list-style-type: none"> • Counselling offered to survivors who've experienced sexual assault • Offers general counselling and Indigenous-specific counselling • Also MMIWG2S Family Counselling for self-identified family members of Missing and Murdered Indigenous Women
<p><u>Y Mind: YMCA</u> Tel: 604-673-6182 E-mail: y mind@gv.ymca.ca</p>	Free	<ul style="list-style-type: none"> • Not formal counselling • For youth 13-30, this is a free online program • Supports youth coping with stress and anxiety • Seven weeks

2. Community Addictions/Substance Use Counselling:

**Please contact services directly for more information*



Program	Cost	Details
Addictions Services Vancouver Coastal Health Various locations Tel (Access Central-Detox Referral Line): 1-866-658-1221	Free	<ul style="list-style-type: none"> • Many of these services are expanded on individually below, but this is the complete list • Different locations might have different restrictions on age/residency
BC Responsible and Problem Gambling Program Tel: 1-888-795-6111 (24/7)	Free	<ul style="list-style-type: none"> • Free professional multilingual counselling for BC residents struggling with their own or their family member's gambling
Downtown Community Health Centre 569 Powell Street, Vancouver Tel: 604-255-3151	Free	<ul style="list-style-type: none"> • Access to methadone treatment programs for adults with opiate addiction in Vancouver
Evergreen Addiction Services 3425 Crowley Drive, Vancouver Tel: 604-707-3620	Free	<ul style="list-style-type: none"> • Groups and short-term individual counselling • Offers youth and older adult-specific support, as well as support for clients enrolled in opiate replacement therapy
Heatley Community Health Centre 330 Heatley Avenue, Vancouver Tel: 604-253-4401	Free	<ul style="list-style-type: none"> • Mental health and substance use counselling for marginalized residents of the DTES • Culturally-inclusive health care • Clients work directly with a care coordinator to navigate wraparound services (social workers, counsellors, peers, physicians, nurses, Elders)
Native Courtworker & Counselling Association 1999 Marine Drive, North Vancouver Tel: 604-985-5355	Free	<ul style="list-style-type: none"> • Do not need to have current legal challenges • Alcohol & drug outpatient services • One-to-one adult, youth, family, and group counselling • Referrals to detox centres, rehabilitation, residential treatment centres • Temporary contact numbers available here

<p><u>Pender Community Health Centre</u> 59 West Pender Street, Vancouver Tel: 604-669-9181</p>	Free	<ul style="list-style-type: none"> • Clients must reside in the Downtown Eastside, have no other primary care provider, and experience barriers to accessing services • Offers a range of services, including short-term post-hospital care, or supporting folks with ongoing or chronic health issues • Public immunizations not available • Staffed with Integrated Care Teams (ICTs)
<p><u>Raven Song Community Health Centre</u> 3rd floor 2450 Ontario Street, Vancouver Tel: 604-872-8441</p>	Free	<ul style="list-style-type: none"> • Individual, couple, family/group addiction counselling • Individuals 19+
<p><u>South Mental Health and Substance Use Services</u> 1200 West 73rd, Vancouver Tel: 604-266-6124</p>	Free	<ul style="list-style-type: none"> • Youth and adult clients • Opioid replacement therapy and withdrawal management • Harm reduction, acupuncture, SMART recovery, addictions counselling, access to mental health support, access to rehabilitation
<p><u>Three Bridges Addiction Services</u> 1128 Hornby Street, Vancouver BC V6Z 2L4 Tel: 604-331-8905</p>	Free	<ul style="list-style-type: none"> • Short-term individual counselling, or longer-term counselling for Youth (24 and under) • Substance use (current or risk of relapse) needs to be a presenting issue • Offers a 16-week group-based addictions day program called VAMP (Vancouver Addiction Matrix Program). Individuals can self-refer to this group. One stream is specifically for gay, bisexual, and queer men, and another is for all
<p><u>WATARI Community Addictions Counselling Team (CACT)</u> 200-678 East Hastings Street, Vancouver BC, V6A IR1 Tel: 604-254-6995 E-mail: heather@watari.ca</p>	Free	<ul style="list-style-type: none"> • Counselling services for individuals, couples and families struggling with substance misuse who live in the DTES

3. Mental Health and Substance Use Counselling Resource List

- Outside of Vancouver:

* This is not a complete list of all mental health and substance use services in these communities. To suggest additional services, please reach out to sophie_trrust@outlook.com. Please contact services directly for more information

Abbotsford	Cost	Details
Abbotsford Mental Health Office 11-32700 George Ferguson Way, Abbotsford Fraser Health Tel: 604-870-7800	Free	<ul style="list-style-type: none"> • Can self-refer, screening is completed either over the phone or in person • Primarily a group-based program with minimal 1:1
Archway Community Services #202 – 31943 South Fraser Way Tel: 604-850-5106 E-mail: aac@archway.ca	Free	<ul style="list-style-type: none"> • Formerly Abbotsford Community Services • Runs Abbotsford Addictions Centre, also offers Stop the Violence, opioid agonist treatment, sexual abuse intervention program, programming for women exiting abuse, relationship violence prevention, mental wellness parenting • Can self-refer. Intake Monday-Friday from 9-11am or 1-3pm - please call ahead!
Foundry Abbotsford 101-32555 Simon Ave., Abbotsford Tel: 604-746-3392 E-mail: info@foundryabbotsford.ca	Free	<ul style="list-style-type: none"> • Youth 12-24 • Features a navigator position to help find the right service • Counselling and health clinic are strictly walk-in (Counselling is Wednesday/Thursday from 3:00-6:00pm)
Agassiz (majority of services are in Chilliwack)		
Agassiz Mental Health and Substance Use Centre 7243 Pioneer Avenue, Agassiz Tel: 604-793-7161	Free	<ul style="list-style-type: none"> • Self-referral for intake and assessment, client will be connected to services in area • Limited individual counselling

Burnaby		
<p><u>Burnaby Centre for Mental Health & Addiction</u> 3405 Willingdon Avenue, Burnaby Tel: 604-675-3950</p>	Phone for details	<ul style="list-style-type: none"> • Referrals from health professionals – call with ext. 69948 for more information on referrals • 94-bed facility offering treatment for adults with severe and complex concurrent disorders
<p><u>Community Substance Use Services Clinic</u> 3935 Kincaid Street, Burnaby Fraser Health Tel: 604-453-1900</p>	Free	<ul style="list-style-type: none"> • 19+ • Self-referral, doctor, or professional • Intake process with intake worker and will make recommendations
<p><u>Linkage Counselling Service</u> Tel: 604-629-2266 E-mail: linkage@ccmcanada.org</p>	\$40+	<ul style="list-style-type: none"> • Individual, couples, and family counselling for the Christian Chinese community by intern therapists
<p><u>Sage Counselling & Addiction Services</u> 303 - 4180 Lougheed Highway, Burnaby Tel: 604-558-0090 http://www.sagecounselling.com/</p>	Phone for details	<ul style="list-style-type: none"> • Individual counselling • Addiction programs offered individually and an in-class setting
<p><u>SFU Clinical Psychology Centre</u> Tel: 778-782-4720</p>	\$10+	<ul style="list-style-type: none"> • Sliding scale counselling services • Clinic operates Mondays – Thursdays • Closed from August 17th – September 3rd, 2018.
<p><u>Vancouver and Lower Mainland Multicultural Family Support Services Society</u> Tel: 778-782-4720</p>	Free	<ul style="list-style-type: none"> • Support workers (not clinical counsellors) for women who are experiencing or have experienced family violence • Multilingual

Chilliwack		
<p><u>Ann Davis Transition Society</u> Tel office: 604-792-2760 Tel help line (24/7): 604-792-3116 or 604-391-1993 Text (24/7): 604-819-3557</p>	*Free	<ul style="list-style-type: none"> • *Sliding scale available if not free • Individual, youth, couples, and family counselling • Waitlist: 2 – 3 months
<p><u>Chilliwack Addictions & Prevention Services (CAPS)</u> 45921 Hocking Ave., Chilliwack Tel: 604-795-5994 E-mail: chhcreception@pcrs.ca</p>	Free	<ul style="list-style-type: none"> • Individual and group counselling for adults and youth affected by alcohol and drugs • Age 13 and up
<p><u>Chilliwack Mental Health and Substance Use Centre</u> Fraser Health Tel: 604-702-4860</p>	Free	<ul style="list-style-type: none"> • Individual counselling available, but primarily groups offered. • Self-refer by phone
<p><u>Riverstone Home/Mobile Detoxification Program</u> Fraser Health Out of Chilliwack General Hospital Tel: 604-795-4141 Self-Refer: 1-866-795-0600</p>	Phone for details	<ul style="list-style-type: none"> • Medically supervised/monitored withdrawal management services
Delta		
<p><u>Deltassist</u> Tel North Delta: 604-594-3455 Tel Ladner/Tsawwassen: 604-946-9526</p>	Free	<ul style="list-style-type: none"> • Variety of counselling and other community services • Family services are through MCFD • Also young parent outreach, your suicide prevention, and self-referral counselling

<p><u>Dan's Legacy</u> 5449 4th Avenue, Delta Tel: 604-999-9136 E-mail: tom@danslegacy.com</p>		<ul style="list-style-type: none"> • For youth 15-25 affected by abuse or addiction issues • Bursaries available, Means Test available online to determine eligibility • Family counselling also available
<p><u>Delta Mental Health & Substance Use Office – North</u> Fraser Health Tel: 604-592-3700</p>	Free	<ul style="list-style-type: none"> • Self-refer by phone to set up appointment for intake and assessment • Individual, group and case management available
<p><u>Delta Mental Health & Substance Use Office – South</u> Fraser Health Tel: 604-948-7010</p>	Free	<ul style="list-style-type: none"> • Self-refer to set up appointment for intake assessment • Individual, group and case management available
<p><u>Turning Point Therapy</u> #608 – 402 W Pender Street, Vancouver, or 11420 Pemberton Cres., North Delta Tel: 604-638-7221</p>	\$45+	<ul style="list-style-type: none"> • Low-cost trauma counselling available with an intern (book online) • No referral needed
Hope		
<p><u>Hope Mental Health and Substance Use Centre</u> Fraser Health Tel: 604-860-7733</p>	Free	<ul style="list-style-type: none"> • Self-refer by phone • Individual counselling available
Langley		
<p><u>Langley Community Services</u> Tel: 604-534-7921</p>	Free	<ul style="list-style-type: none"> • Free individual counselling (16+) by students under supervision • Addictions counselling • Family connections-helps with MCFD and child custody issues
<p><u>Langley Mental Health and Substance Use Centre</u> Fraser Health Tel: 604-514-7940</p>	Free	<ul style="list-style-type: none"> • Assessment, limited one to one counselling • Concurrent disorder services • Langley and Aldergrove residents, 19+

Maple Ridge		
<u>Alouette Addictions</u> Tel: 604-467-5179	Free	<ul style="list-style-type: none"> • Self-referral for intake and assessment • Provide free individual (phone-in most days) and group counselling • Opioid Agonist Therapy (OAT) Clinic provides methadone and suboxone treatment
<u>Cythera Transition House Society</u> Tel: 604-467-9939 E-mail: <u>programs@cythera.ca</u>	Free	<ul style="list-style-type: none"> • Stopping the violence program, PEACE program • Drop-in and group programs
<u>Foundry Ridge Meadows</u> Tel: 604-380-3133	Free	<ul style="list-style-type: none"> • Open to youth 12-24 with BC MSP cards • Mental health and substance use support, physical health, peer support, and social services
<u>Maple Ridge Mental Health and Substance Use Centre</u> Fraser Health Tel: 604-476-7165	Free	<ul style="list-style-type: none"> • Self-referral for assessment and counselling
<u>Act 2 Child and Family Services</u> Tel: 604-463-0965 E-mail: <u>info-mr@act2.ca</u>	Free*	<ul style="list-style-type: none"> • Some free counselling, as well as private pay options available • Clinical counselling accessed with MCFD referral, except for sexual abuse counselling
Mission		
<u>Mission Community Services</u> Tel: 604-826-3634 E-mail: <u>info@missionmcss.com</u>	Free	<ul style="list-style-type: none"> • Works primarily with MCFD, accepts community referrals on a case-by-case basis • Family and individual therapy, parent education, conflict/mediation, life skills development, parenting support

<p><u>Mission Mental Health and Substance Use Centre</u> Fraser Health Tel: 604-814-5600</p>	Free	<ul style="list-style-type: none"> • Self-referral for counselling services by phone or walk-in for those living in Mission
New Westminster		
<p><u>Aunt Leah's (via Dan's Legacy)</u> Tel: 604-525-1204</p>	Free	<ul style="list-style-type: none"> • Service for Aunt Leah's youth and moms, trauma-informed therapy • Age 15-25, families welcome
<p><u>Fraserside Community Service</u> Tel: 604-522-3722 ext 101</p>	Free	<ul style="list-style-type: none"> • Counselling for adults, youth, and families suffering from substance use • Self-refer by phone
<p><u>New Westminister Mental Health and Substance Use Centre</u> Fraser Health Tel: 604-777-6800</p>	Free	<ul style="list-style-type: none"> • Mental health and substance use services • Individual and group counselling
<p><u>Purpose Society – Youth Source</u> 38 Begbie Street, New West 604-526-2522</p>	Free	<ul style="list-style-type: none"> • Hours Tuesday 3-6pm, Thursday 4-7pm • Drop-in with alcohol and drug counsellors, youth workers, therapists, and child and youth mental health clinicians available – all for youth 21 and under
North Shore		
<p><u>Adult Community Mental Health (HOpe Centre)</u> Vancouver Coastal Health Tel: 604-984-5000</p>	Free	<ul style="list-style-type: none"> • Referral from GP needed • Assessment by centralized intake team • Individual and group services
<p><u>Canadian Mental Health Association (North and West Vancouver Branches)</u> Tel: 604-987-6959 E-mail: Northshore@cmha.bc.ca</p>	\$25+	<ul style="list-style-type: none"> • Low cost short-term individual and family counselling by a master's level practicum student and supervised by a registered clinical counsellor • Individual starts at \$25 and \$50 for couples/family • Counselling request form available online

<p><u>Family Services North Shore</u> Tel: 604-988-5281 ext. 226 E-mail: intake@familyservices.bc.ca</p>	<p>\$20+</p>	<ul style="list-style-type: none"> • Sliding scale individual, couples, family, and youth counselling. • Multilingual • Some programs available at no cost
<p><u>Stepping Stones Concurrent Disorders Service</u> Vancouver Coastal Health Tel: 604-982-5616</p>	<p>Free</p>	<ul style="list-style-type: none"> • Individual counselling, groups (SMART, stress management) • Self-refer to make an appointment with intake counsellor • Waitlist: 2 – 4 weeks for individual counselling
<p>Richmond</p>		
<p><u>Foundry Richmond</u> Tel: 1-833-308-6379</p>	<p>Free</p>	<ul style="list-style-type: none"> • Youth 12-24 • Sexual health clinic, drop-in counselling services, peer support
<p><u>Linkage Counselling Service</u> Tel: 604-629-2266 E-mail: linkage@ccmcanada.org</p>	<p>\$40+</p>	<ul style="list-style-type: none"> • Individual, couples, and family counselling for the Christian Chinese community by intern therapists
<p><u>Richmond Mental Health and Substance Use</u> Vancouver Coastal Health Tel: 604-204-1111</p>	<p>Free</p>	<ul style="list-style-type: none"> • GP referral required for mental health • Self-refer for substance use services by phone or walk-in • Individual and group therapy available for substance use treatment • Anyone of any age can call listed number to connect with a team for children, youth, adults, and/or older adults • Listed website lists a variety of services
<p>Surrey</p>		
<p><u>Creekside Daytox</u> Fraser Health Tel: 1-888-587-3755</p>	<p>Free</p>	<ul style="list-style-type: none"> • Day support program for those struggling with substance use • Self-refer by phone • 19+

<p><u>Day, Evening, Weekend for Youth (DEWY)</u> Tel: 604-951-4821 E-mail: dewyprogram@pcrs.ca</p>	<p>Phone for Details</p>	<ul style="list-style-type: none"> For youth 13-18 looking to reduce or overcome substance abuse – offers counselling for personal health, goal setting, value, family and friends, substance misuse education, coping skills, relapse prevention
<p><u>Diversecity</u> Tel: 604-547-1202 E-mail: counsellingservices@dcrs.ca</p>	<p>Phone for details</p>	<ul style="list-style-type: none"> Multilingual short-term individual and family counselling for immigrants and refugees
<p><u>Maxxine Wright Community Health Centre</u> Atira Tel: 877-483-6456 E-mail: maxxwright@atira.bc.ca</p>	<p>Phone for details</p>	<ul style="list-style-type: none"> Counselling for women who are pregnant or have a child under six months old who are also impacted by substance use and/or violence and abuse Most services available on a drop-in basis
<p><u>Men In Change</u> MOSIAC Tel: 604-368-4680 E-mail: adsouza@mosaicbc.org</p>		<ul style="list-style-type: none"> Immigrant, refugee and visible minority men who have used or are at risk of using violence in relationships and have children under the age of 19 Learn constructive ways to deal with conflict; identify personal triggers, develop stress management skills and strategies Service available in English, Hindi, Punjabi, and Urdu Locations in Vancouver (individual and group sessions) and Surrey (group sessions only)
<p><u>Moving Forward Family Services</u> 101-128727 76th Ave, Surrey Tel: 1-877-485-5025 E-mail: counsellor@movingforwardfamilyservices.com</p>	<p>Free+*</p>	<ul style="list-style-type: none"> Low-cost individual, couples, and family counselling with a master’s level practicum student under supervision ‘Pay what you can’ services available also CBT and Healthy Relationships coaching programs also available Waitlist: 8 weeks for a practicum student, no wait for a registered clinical counsellor (\$38+)

<p><u>Simon Fraser University Surrey Counselling Centre</u> Tel: 604-587-7320</p>	Free	<ul style="list-style-type: none"> • Individual individuals and youth by a master’s level practicum student and supervised by a registered counsellor/psychologist. • Clinic runs September through May, intake opens third week of August • <i>Closed until at least the end of 2020</i>
<p><u>Surrey Mental Health and Substance Use Centre</u> Fraser Health Tel: 604-953-4900</p>	Free	<ul style="list-style-type: none"> • Self-refer by phone, for clients 19+ • Individual counselling and group therapy
<p><u>Surrey Youth Resource Centre</u> Two locations: Newton & City Centre Tel: 604-587-8100</p>	Free	<ul style="list-style-type: none"> • Individual and family counselling by master’s level practicum students • Youth 13-24
<p><u>Surrey Women’s Centre</u> Tel: 604-583-1295</p>	Free*	<ul style="list-style-type: none"> • *Free short-term (6 sessions) individual counselling for women and girls who have experienced domestic violence, sexual assault, or childhood abuse • Free long-term individual counselling • Private pay individual counselling starts at \$80 per session
<p>Tri Cities: Coquitlam, Port Moody, Port Coquitlam</p>		
<p><u>Act 2 Child and Family Services</u> Tel: 604-937-7776 E-mail: info@act2.ca</p>	Free*	<ul style="list-style-type: none"> • Some free counselling, as well as private pay options available • Clinical counselling accessed with MCFD referral, except for sexual abuse counselling
<p><u>SHARE Family & Community Services Society</u> Tel: 604-937-6969 Email: intake@sharesociety.ca</p>	Phone for details	<ul style="list-style-type: none"> • Individual, family, and substance use counselling • Subsidized / lower fees to Tri-City residents with children or youth 18 and under in the home • Also offers a master’s student practicum program with reduced rates

<p><u>Tri Cities Mental Health and Substance Use Centre</u> Fraser Health Tel: 604-777-8400</p>	Free	<ul style="list-style-type: none"> • Self-referral by phone or walk-in • Counseling services and group therapy
<p><u>Tri Cities Transitions</u> Tel: 604-941-7111</p>	Phone for details	<ul style="list-style-type: none"> • Various forms of counselling, supporting largely women, children, and men who have been affected by intimate partner violence
<p>White Rock/South Surrey</p>		
<p><u>Sources Women’s Place</u> Tel: 604-538-2522 E-mail: counsellingservices@sourcesbc.ca</p>	Phone for details	<ul style="list-style-type: none"> • Individual, couples, and family counselling by a master’s level therapist • There is a fee for service – contact their office for details
<p><u>White Rock/ South Surrey Mental Health & Substance Use Centre</u> Fraser Health Tel: 604-541-6844</p>	Free	<ul style="list-style-type: none"> • Group therapy, individual counselling, and case management for mental health

4. Help Lines

** In an emergency, please call 911*

- **Health Link BC** (24/7) – 811 or 711 (hearing impaired)
- **Crisis Intervention & Suicide Prevention Centre of BC** (24/7) – 1-800-SUICIDE (1-800-784-2433)
- **BC Mental Health and Substance Use Services** (24/7) – 310-6789 (no area code)
- **Kids Help Phone** (24/7) – 1-800-668-6868
- **BC Alcohol and Drug Information and Referral Service** (24/7) – 604-660-9382 (Lower Mainland), 1-800-663-1441 (toll-free)
- **KUU-US Crisis Line** (First Nations and Indigenous specific) (24/7) – 1-800-588-8717 (toll-free across BC)
- **KUU-US Youth Crisis Line** (24/7) – 250-723-2040
- **S.U.C.C.E.S.S. Chinese Help Lines** (10am to 10pm) – 604-270-8233 (Cantonese), 604-270-8222 (Mandarin)
- **Youth in BC Crisis Line** (24/7) – 604-872-3311 (Greater Vancouver), 1-866-872-0113 (TTY)
- **Helpline for Children** (MCFD) (24/7) – 310-1234 (no area code)
- **WAVAW Rape Crisis Centre Crisis and Information Line** (24/7) – 604-255-6344 (Lower Mainland), 1-877-392-7583 (toll-free)
- **Trans Lifeline’s Hotline** (peer support) (7am to 2am) – 1-877-330-6366
- **Critical Incident Response** (WorkSafeBC – for traumatic events in the workplace) (9am to 11pm) – 1-888-922-3700
- **Gambling Support Line** (24/7) – 1-888-795-6111
- **National Residential School Crisis Line** (former residential school students) (24/7) – 1-866-952-4419

Chat or Text Services:

- **Youth in BC** online chat (Noon to 1am) – www.youthinbc.com
- **Kids Help Phone** text line – text CONNECT to 686868
- **YouthSpace.ca** online chat (6pm to Midnight) – www.youthspace.ca
- **YouthSpace.ca** text line (6pm to Midnight) – 778-783-0177
- **Hope for Wellness** chat line (for all Indigenous peoples across Canada) – www.hopeforwellness.ca

To suggest changes or additions to these lists, please reach out to Sophie at Sophie_TRRUST@outlook.com.