

## Private Therapy

**Work Benefits.** Your workplace may have general therapy coverage or substance use coverage for a variety of other services:

**A) Extended health insurance benefits.**

Insurance may cover some services with a psychologist or registered counsellor, usually without need for a physician's referral. Check the policy or call the insurer. Co-pay or FREE.

**B) Employee & Family Assistance Programs (EFAP).**

Provided through the employer's contract with another counselling benefits company. Some provide their own substance use residential and recovery programs or provide coverage for other private programs.

**Other Private Practice Therapy Information.**

Registered professionals provide individual, couples, & family counselling at hourly rates (130-220+). Some psychologists can also provide formal assessment, diagnosis, and treatment reports that may be helpful in accessing other concurrent programs and benefits.

**BC Association of Clinical Counsellors**

[www.bc-counsellors.org](http://www.bc-counsellors.org)

**BC Psychological Association**

[www.psychologists.bc.ca](http://www.psychologists.bc.ca)

## Free Psychiatric Services

Referral through a physician to a **private practice psychiatrist**. There are some specialist substance use psychiatrists. Referral can take 6-12 months.

Psychiatric assessment and short-term services through an intake at **White Rock Mental Health**. 604-541-6844



## Together-SSWR

Connecting the community to available mental health resources



[www.together-sswr.com](http://www.together-sswr.com)



[togetherwrss@gmail.com](mailto:togetherwrss@gmail.com)



@together.sswr



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# Where do I find substance use therapy?

## Substance Use Counselling

### Sources Counselling and Substance Use

Individual, couples, family, and group counselling and support services. Video, phone, and in person therapy provided. Naloxone kits and training, harm reduction supplies, and drug checking. Harm prevention services and peer network program Fall 2021. 604-538-2522 [www.sourcesbc.ca](http://www.sourcesbc.ca)

### DIVERSEcity

Individual and group support to substance-affected individuals within the South-Asian and Spanish communities living in the South Fraser region. Services are offered in Punjabi, Urdu, Hindi, Spanish, and English. 604-547-1202 [www.dcrs.ca](http://www.dcrs.ca) or email [intake@dcrs.ca](mailto:intake@dcrs.ca)

## Other Free Programs

There are many day and residential treatment programs. Talk to your counsellor or call: **Alcohol & Drug Information Referral Service (ADIRS)**. Multilingual telephone assistance is available 24 hours a day, 7 days a week. 1-800-663-1441

### DEW Program

Day, Evening, and Weekend Substance Use Treatment Program, formerly Daytox. Provided by the Fraser Health Authority. Access virtually from home, in-person, or at Creekside Withdrawal Management Center. No referral needed. 1-888-587-3755

### White Rock Opioid Agonist Treatment

Fraser Health's clinics provide comprehensive care and connections to other services. 604-541-6844

## CRISIS LINE

1-800-SUICIDE

[www.CrisisCentreChat.ca](http://www.CrisisCentreChat.ca)

TTY 1-866-872-0113

## Online Self-Guided Programs

### Wellness Together Canada

Online program that has self-guided courses, progress tracking, and substance use support resources. [www.wellnesstogether.ca](http://www.wellnesstogether.ca)

### Together-All

Safe and inclusive community of support for wellness and substance use. [wellnesstogether.ca/en-ca/sobering-thoughts](http://wellnesstogether.ca/en-ca/sobering-thoughts)

### Kelty's Key

Has specific modules for addressing substance use and includes coaching. [www.keltyskey.com](http://www.keltyskey.com)

## Gambling

### BC Responsible Gambling Mobile Outreach

Provides info and support including counselling services and Gambler's Anonymous meetings. 24hr 1-888-795-6111 [www.bcreponsiblegambling.ca](http://www.bcreponsiblegambling.ca)

**APPS**

Sober Tool

Lifeguard

I am Sober

12 Step Daily AA NA Meditations

## In Person & Online Services

**Avalon Drop-In Recovery House for Women**  
Hosts meetings, monthly events, and provides free workshops. There is a lending library, clothing closet, free childminding and tea and coffee. 604-542-7772  
[www.avalonrecovery.org/white-rock](http://www.avalonrecovery.org/white-rock)

### Smart Recovery

Virtual groups provided by Sources. Science-based, self-empowered substance use and activity (i.e. eating/gambling) recovery. Also offers online support groups and msg board. 604-538-2522 [www.smartrecovery.org](http://www.smartrecovery.org)

### Toward The Heart

BCCD Harm Reduction Services. Connect with programs and access harm reduction supplies & support. [www.towardtheheart.com](http://www.towardtheheart.com)

### AA & NA Groups

Find a meeting online or in person:  
AA: [www.vancouveraa.ca](http://www.vancouveraa.ca)  
NA: [www.bcna.ca](http://www.bcna.ca)

### Friends and Family Groups

Sources, Substance Affected Family support group. 604-538-2522

Healing Hearts and Holding Hope peer support groups. [www.momsstoptoharm.com](http://www.momsstoptoharm.com)

AA: [bcyukon-al-anon.org](http://bcyukon-al-anon.org)  
NA: [naranonbc.com](http://naranonbc.com)

Can't find what you are looking for?  
Try our website and resource line.

[www.together-sswr.com](http://www.together-sswr.com)  
604-531-0361