

Private Therapy

Work Benefits. Your work or your parents/caregivers workplace may have therapy coverage through:

A) Extended health insurance benefits.

The 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. Usually these FREE services are short-term (3-6 sessions), sometimes they are self-directed programs online.

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 programs and benefits.

BC Association of Clinical Counsellors

www.bc-counsellors.org

BC Psychological Association

www.psychologists.bc.ca

Other ways to access low cost individual therapy are through clinics that support newer and student intern counsellors such as **SFU Surrey Counselling Center** (604) 587-7320 and **Moving Forward Family Services**. www.mffs.ca

Free Psychiatric Services

Assessment, recommendations, and team support through **White Rock Child and Youth Mental Health Services**.
604-660-9543

Referral through your physician to a **private practice psychiatrist** for assessment, recommendations, short term, and ongoing support. Referral can take 6-12 months.



Together-SSWR

Connecting the community to available mental health resources



www.together-sswr.com



togetherwrss@gmail.com



[@together.sswr](https://www.instagram.com/together.sswr)



Where do youth find therapy support?



Free Community Services

DiscoverY

Short term individual counselling program for youth and young adults between the ages of 15 and 25. Free 8 sessions.

www.sourcesbc.ca 604-538-2522

Discovery@sourcesbc.ca

Child and Youth Mental Health

Referrals, assessment, and therapy for young people (to 18 years). Walk-in appointments available Tuesdays from 9:00am-4:00pm.

604-660-9543

Foundry

Youth hub for multiple services and wellness info online and new center in Surrey. Support and help finding health and social services, resources, and programs. www.foundrybc.ca

First Nations

First Nations Health Authority & KUU-US
Providing a variety of youth wellness supports.
24-hour crisis line 1-800-588-8717
www.fnha.ca www.kuu-uscrisisline.com

DIVERSEcity

Short-term, solution-focused counselling and support services in Punjabi, Hindi, Urdu, Arabic, Spanish, Mandarin, Korean, Farsi and English.
604-597-0205 www.dcrs.ca

Qmunity

Youth Program consists of group drop-in spaces, Bras, binders, and breast forms exchange program, one-on-one support, and referrals and resources for LGBTQ2SAI+ youth under 25
604- 684-5307 ext. 108 youth@qmunity.ca

CRISIS LINES

Kids Help Phone

1-800-668-6868

Text CONNECT to 686868
or Crisis Center BC

1-800-SUICIDE

Free Online Therapy

Youth Bounceback designed to help youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach.

www.bounceback.ca

Living life to the Full. Designed for youth 13-18, Helps equip young adults with the skills to face challenges in life.

www.livinglifetothefull.ca

Kelty's Key. Specific modules such as for chronic pain, grief, and substance use. Designed by Vancouver Coastal Health.

www.keltyskey.com

Free Apps

Foundrybc.ca lists helpful apps

Mind Shift CBT
Anxiety Canada

Moodie
Mood Disorders Canada

Breathr
BCCH. Designed for Youth

CBTi -Insomnia
US National Center for PTSD

Other Free Services

**Alexandra Neighbourhood House
Vine Youth & Family Centre & Youth Space**
One-to-one support, drop-in programs, referrals, and resources for youth 10 to 24. Family support also available.
604-538-5060 www.theyouthspace.com

Crime Victims Assistance-CVA

Victim of a crime? CVA can help provide access to therapy services. FREE or co-pay
1-866-660-3888 cvap@gov.bc.ca

Dan's Legacy

Counselling for young people (15 to 25 yrs) affected by abuse **and** substance use. Family counselling is also available.
604-999-9136 tom@danslegacy.com

Early Psychosis Intervention

Early recognition of psychosis and the provision of timely comprehensive treatments that are stage and age-appropriate. Ages 13-30
No referral needed
604-538-4278 www.earlypsychosis.ca

Hospice

For those with loss or change due to a family member's advanced illness. Individual and group youth support support via telephone, videoconference, and in person.
604-531-7484 www.peacearchhospice.org

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

www.together-sswr.com
604-531-0361