

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

**BC Psychological Association**

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

## Free Psychiatric Services

Psychiatrists are trained medical specialists that can offer assessment, diagnosis, and medical management.

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



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



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



# Where do youth find therapy support?

## Free Community Services

### DiscoverY and Substance Use Services

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

[www.sourcesbc.ca](http://www.sourcesbc.ca) 604-538-2522  
[discovery@sourcesbc.ca](mailto: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 (12-24) 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](http://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](http://www.fnha.ca) [www.kuu-uscrisisline.com](http://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](http://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](mailto: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](http://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](http://www.livinglifetothefull.ca)

**Kelty's Key.** Specific modules such as for chronic pain, grief, and substance use. Designed by Vancouver Coastal Health.  
[www.keltykey.com](http://www.keltykey.com)

**Wellness Together Canada.** Learning resources, tracking, and 24/7 counselling support.  
[www.wellnesstogether.ca](http://www.wellnesstogether.ca)

## Free Apps

[Foundrybc.ca](http://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](http://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](mailto: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](mailto: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](http://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](http://www.peacearchhospice.org)

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