

Private Therapy

Work Benefits. Your workplace may provide therapy coverage through:

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. 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.



Together-SSWR

Connecting the community to available mental health resources

 www.together-sswr.com

 togetherwrss@gmail.com

  @together.sswr



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Where do I find therapy support?

Community Services

Sources Counselling and Substance Use

Offers individual, couples, family, and group counselling and support services. Video, phone, and in person therapy provided. Counselling is a sliding fee scale or free (up to 8 sessions) through a referral from a family practice network physician. Substance use program is free. 604-538-2522 www.sourcesbc.ca

White Rock-South Surrey Mental Health and Substance Use Services

Part of the Fraser Health Authority. Services available through the centre include multi-disciplinary team assessment, treatment, individual and group therapy. 604-541-6844

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

Free Psychiatric Services

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

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

CRISIS LINE

1-800-SUICIDE
www.CrisisCentreChat.ca
TTY 1-866-872-0113

Free Online Therapy

Bounceback

Skill-building program designed to help manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach. www.bouncebackbc.ca

Kelty's Key

Provides coaching and specific self-directed modules such as for chronic pain, grief, and substance use. www.keltyskey.com

Living Life to the Full

A CMHA online program. 8-12 hour modules provides simple, practical skills for coping with stress, problem solving, boosting your mood. Certified facilitators provide booklets, worksheets, group activities and discussions. www.livinglifetothefull.ca

Free Apps

PTSD Coach Canada
Veterans Affairs

Mindfulness Coach
US. Veterans Affairs

Mind Shift CBT
Anxiety Canada

Moodie
Mood Disorders Canada

Other Free Services

Alexandra Neighbourhood House

A place for people of all ages, abilities and cultures, providing programs, services, community events, residential camps and seasonal day camps. 604-535-0015 www.alexhouse.net

Crime Victims Assistance Program (CVAP)

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

Sources Women's Place

If you are in a domestic abuse situation they can be a resource for clothing, shelter, peer crisis support 604-536-9611 24-hour helpline 1-800-563-0808

First Nations Health Authority & KUU-US

Providing a variety of wellness supports 24-hour crisis line 1-800-588-8717 www.fnha.ca www.kuu-uscrisisline.com

Hospice

For those dealing with loss and change due to advanced illness, individual and group support. 604-531-7484 www.peacearchhospice.org

Omunity

Ten sessions of free and reduced-cost counselling for individuals, couples, and families. All counsellors are members of the LGBTQ2SAI+. Online resources, information, and referral line. 604.684.5307 ext. 100

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

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