

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 Info
Registered professionals provide individual, couples, & family counselling at hourly rates (130-220+).

BC Association of Clinical Counsellors
www.bc-counsellors.org
BC Psychological Association
www.psychologists.bc.ca

Other ways to access low cost 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 877-485-5025



Together-SSWR

Connecting the community to available mental health resources

 604-531-0361

 www.together-sswr.com

 together.wrss@gmail.com

  @together.sswr



Where do seniors find mental wellness support?

Community Services

Sources Counselling and Substance Use

Individual, couples, family, and group counselling. Video, phone, and in-person. 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

Sources Seniors Hub

Personalized help to connect you with local services, including application and form completion. 604-542-4357
Email: amccorkell@sourcesbc.ca

Older Adult Mental Health

Provided by the Fraser Health Authority. The multidisciplinary team provides consultation, assessment, and treatment. Medical interpreter available for other languages.
604-541-6844 www.fraserhealth.ca

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

SENIORS DISTRESS LINE 604-872-1234

Free Online Therapy

Bounceback. Skill building to help manage low mood, worry, or stress. Delivered online or over the phone with a coach. www.bouncebackbc.ca

Kelty's Key. Has specific modules such as for chronic pain, grief, and substance use. www.keltyskey.com

Living Life to the Full. 8-12 hour modules. Facilitators provide booklets, worksheets, group activities.
www.livinglifetothefull.ca

Psychiatric Services

WR/SS Older Adult Mental Health
Fraser Health Authority.
604-541-6844

Or referral through your physician to a **private practice psychiatrist**. FREE
Referral can take 6-12 months.

Other Free Services

Seniors Come Share

Extensive programs and resources for older adults such as: adult day program, caregiver support, legal and income tax, telephone support.
604-536-9348 www.comeshare.ca

Alexandra Neighbourhood House

Programs for older adults (55+) are designed to reduce isolation and provide socialization and recreation.
604-535-0015 ext-236
www.alexhouse.net

Seniors Abuse and Information Line

If you are being abused or mistreated, call 1-866-437-1940
7 days a week, 8am-8pm.
www.seniorsfirstbc.ca

Peace Arch Hospice

For those dealing with loss and change due to advanced illness, individual and group support. 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