

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), and sometimes they are self-directed programs online.

Other Private Practice Therapy Information:

Registered professionals provide individual, couples, & family counselling at hourly rates (\$140-\$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.bcacc.ca

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 Community Counselling* (778-782-4913), and *Moving Forward Family Services* (mffs.ca, 877-485-5025).

Free Psychiatric Services

Assessment, recommendations, and team support through *White Rock Child and Youth Mental Health Services*. 604-542-3900

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



www.together-sswr.com



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



TOGETHER

for mental wellness

Connecting the *community* to
available mental health resources



Together promotes non-profit, low-barrier services. All organizations are vetted, but we are not responsible for organizations changing or misrepresenting their services. We encourage due diligence when considering service use.

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Youth



Where do youth find mental wellness support?

Free Community Services

Alex House Programs for Youth

One-to-one support, drop-in programs, referrals, and resources for youth 10-18. Family support available.

604-538-5060

Youth Space: Drop-in space for ages 10 and up to make friends, participate in activities and out-trips.

Rainbow Connection: Programs for 2SLGBTQ+ youth.

778-545-9188

alexhouse.net

theyouthspace.com

Sources DiscoverY and Substance Use Counselling

Short term individual counselling program for youth and young adults between the ages of 13 and 25.

604-538-2522

sourcesbc.ca

White Rock Child and Youth Mental Health

Referrals, assessment, and therapy for young people (to 18 years). Walk-in appointments available Tuesdays from 9:00am-5:00pm.

604-542-3900

DIVERSEcity

Offers several youth programs including DIVERSEyouth (individual and group support and activities for permanent residents age 13-24), RISE Youth (newcomer settlement services, support and counselling, and more), and child and youth day camps (age 6-18).

RISE Youth: 604-954-4015 youth@dcrs.ca dcrs.ca

Qmunity

Youth Program consists of group drop-in spaces, gender supportive wear program, one-on-one support, and referrals and resources for 2SLGBTQIA+ youth ages 25 and under.

604-684-5307 ext. 108 youth@qmunity.ca

CRISIS LINES

Kids Help Phone

1-800-668-6868

Text CONNECT to 686868

www.crisiscentrechat.ca

1-800-SUICIDE

Call/Text 988

Free Online Therapy

Youth Bounceback

Designed to help youth 13-18 manage low mood, mild to moderate depression, anxiety, stress, or worry.

Delivered online or over the phone with a coach.

bounceback.ca

Living Life to the Full

Designed for youth 13-18. Helps equip young adults with the skills to face challenges in life and become more resilient.

livinglifetothefull.ca

Free Apps

Saying When
CAMH

Breathr: Mindful Moments
PHSA

CBT Insomnia Coach
National Centre for PTSD

Sorted: mental health
from NHS England

Lifeguard Connect
Lifeguard Digital Health

Other Free Services

Vine Youth Clinic

Free and confidential general and sexual health care for youth ages 12 to 21. Open Wednesday afternoons.

604-542-3926

vineyouthclinic.ca

Dan's Legacy

No-cost trauma-informed counselling and wrap-around support programs for youth (15 to 25 yrs) affected by mental health and addiction. Also offer Indigenous cultural workshops.

604-999-9136

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

earlypsychosis.ca

Peace Arch Hospice Society

For those experiencing loss or change due to a family member's advanced illness. Individual and group youth support support via phone, video call, and in person.

604-531-7484

peacearchhospice.org

Foundry

In-person & online youth (12-24) hub for services and wellness information. Free drop-in services such as peer support, substance use support, and help finding resources. Centre in Langley- new White Rock centre coming.

foundrybc.ca

First Nations Health Authority & KUU-US

Providing a variety of youth wellness supports. 24-hour crisis line

fnha.ca

kuu-uscrisisline.com

Can't find what you are looking for?

Try our website and resource line.

www.together-sswr.com

604-868-6841