

Private Therapy

Work Benefits. Your workplace may provide 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 your 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. Call your company's resource/benefits manager.

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.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* (www.mffs.ca, 877-485-5025).



Free Psychiatric Services

Psychiatrists are medical specialists that can offer assessment, diagnosis, and medication management. Many psychiatrists also offer counselling. Private Practice Psychiatrists require a referral from a family doctor. Referral can take 6-12 months.

Other psychiatrists are available through the Fraser Health Older Adult Program. 604-541-6844

 www.together-sswr.com

 info@together-sswr.com

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



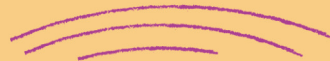
Seniors



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.

2026-2027 printing by generous support of the Peace Arch Hospital Foundation



Where do seniors find mental wellness support?

Community Services

Brella

Extensive programs and resources for seniors such as: adult day program, meal program, caregiver support, legal and income tax, telephone support, daily task support.

[604-531-9400](tel:604-531-9400)

brellasociety.ca

Alex House

Programs for older adults (55+) that are to help decrease isolation and provide socialization and recreation, such as community lunch program, knitting group, tea and chat, and death cafe.

[604-535-0015](tel:604-535-0015)

alexhouse.net

Older Adult Community Mental Health

A multidisciplinary Fraser Health Authority team provides consultation, assessment, treatment, and support. Medical interpreter available for other languages.

[604-541-6844](tel:604-541-6844)

fraserhealth.ca

Moving Forward Family Services

Free short-term counselling and affordable longer term counselling with proof of income. Multiple groups. Services provided in a variety of languages.

[877-485-5025](tel:877-485-5025)

movingforward.help

DIVERSEcity

One-on-one counseling, homecare and daily task support, and community engagement groups.

Punjabi, Hindi, Korean, Farsi, Arabic, and English.

[604-597-0205](tel:604-597-0205)

dcrs.ca

Peace Arch Hospice Society

Range of specialized grief support services including individual and family counselling, support groups, individual and group relaxation sessions, and walking groups.

[604-531-7484](tel:604-531-7484)

peacearchhospice.org

SENIORS DISTRESS LINE

604-872-1234
or 1-800-SUICIDE
Call/Text 988
TTY 1-866-872-0113

Free Online Therapy

Bounceback

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

Living Life to the Full

CMHA program. 8 modules, one per week. Group-based sessions with a facilitator. Online or in person. livinglifetothefull.ca

Free Phone Support

Seniors Abuse and Information Line

If you are being abused or mistreated, call [604-437-1940](tel:604-437-1940) Monday-Friday, 8 am-8 pm

BC Bereavement Helpline

Referral to grief support services and events.

[604-738-9950](tel:604-738-9950) contact@bcbh.ca

First Link Dementia Helpline

Info and support for anyone affected by dementia.

[1-800-936-6033](tel:1-800-936-6033) alzheimer.ca

VictimLinkBC

24-hour help line for victims of a crime or trauma.

Confidential and multi-lingual.

[1-800-563-0808](tel:1-800-563-0808) victimlinkbc.ca

Other Services

Sources Counselling

Individual, couple, family, and group therapy via video, phone, and in-person. Sliding fee scale. Up to 8 sessions free for those with limited means through a referral from a family practice physician.

[604-531-6226](tel:604-531-6226)

sourcesbc.ca

Sources Substance Use Services

Referrals to recovery centres and FREE counselling for individuals or affected family members.

[604-538-2522](tel:604-538-2522)

sourcesbc.ca

Seniors First BC

Support, legal advocacy and referrals for seniors and their loved ones. Public education, law clinic and outreach. [604-437-1940](tel:604-437-1940) seniorsfirstbc.ca

Sources Women's Place

Domestic abuse also provides food, clothing, shelter, and peer crisis support.

[604-536-9611](tel:604-536-9611)

sourcesbc.ca

Atira Women's Resource Society

Support, advocacy and referrals for women who are experiencing abuse.

[604-681-4437](tel:604-681-4437)

atira.bc.ca

Qmunity Seniors Program

Social support and meaningful connection online and in person for 2SLGBTQ1A+. Ages 55+

[604-684-5307](tel:604-684-5307)

qmunity.ca

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

www.together-sswr.com

[778-369-2475](tel:778-369-2475)