

## 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](http://www.bcacc.ca)

### **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 Community Counselling* (778-782-4913), and *Moving Forward Family Services* ([www.mffs.ca](http://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](http://www.together-sswr.com)



[info@together-sswr.com](mailto:info@together-sswr.com)



[@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.

2025-2026 printing by generous support  
of the Peace Arch Hospital Foundation



PEACE ARCH  
HOSPITAL  
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# Seniors



## 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.

604-536-9348

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, knit and chat, and death cafe.

604-535-0015 (ext-236) 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

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

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

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

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  
1-866-437-1940 7 days a week, 8 am-8pm

#### BC Bereavement Helpline

Referral to grief support services and events.

1-877-779-2223 contact@bcbh.ca

#### First Link Dementia Helpline

Info and support for anyone affected by dementia.

1-800-936-6033 alzheimers.ca

#### VictimLinkBC

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

Confidential and multi-lingual.

1-800-563-0808 victimlinkbc.ca

## Other Services

### Sources Counselling

Individual, couple, family, and group therapy. 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.

604-538-2522

sourcesbc.ca

### Sources Substance Use Services

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

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.

seniorsfirstbc.ca

### Sources Women's Place

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

604-536-9611

sourcesbc.ca

### Atira Women's Resource Society

Support, advocacy and referrals for women 55+ who are experiencing abuse.

604-681-4437

atira.bc.ca

### Qmunity Seniors Program

Social support and connection online and in person for LGBTQ2S. Ages 55+

604-684-5307

qmunity.ca

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

**www.together-sswr.com**  
**604-868-6841**