

Private Therapy

Work Benefits.

Your workplace may have general therapy coverage or substance use coverage for a variety of other services:

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. Some provide their own substance use residential and recovery programs or provide coverage for other private programs.

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 concurrent programs and benefits.

BC Association of Clinical Counsellors

www.bcacc.ca

BC Psychological Association

www.psychologists.bc.ca

Free Psychiatric Services

Referral through a physician to a private practice psychiatrist. There are some specialist substance use psychiatrists. Referral can take 6-12 months.

Psychiatric assessment and short-term services through an intake at White Rock Mental Health.
604-541-6844



www.together-sswr.com



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.

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Substance Use



Where do I find
substance use
mental wellness
support?

Substance Use Programs

Sources Counselling and Substance Use

Individual, couples, family, and group counselling and support. Video, phone, and in-person therapy provided. Naloxone kits and training, harm reduction supplies available. [604-538-2522](tel:604-538-2522) sourcesbc.ca

DIVERSEcity

Individual and group support for the substance-affected. Services are offered in Punjabi, Urdu, Hindi, and English. [604-547-1202](tel:604-547-1202) dcrs.ca intake@dcrs.ca

Options Home-based Support and Detox

Individual home-based detox services that are offered in English, Punjabi and Hindi. Individualized care plan and group support. options.bc.ca

First Nations Virtual Substance Use Psychiatric Service

Provides individuals with access to specialists in addictions medicine who are dedicated to the principles and practices of cultural safety, and to delivering trauma-informed care. Referral required. [1-855-344-3800](tel:1-855-344-3800)

Alcohol & Drug Information Referral Service (ADIRS)

Multilingual free telephone assistance is available 24 hours a day, 7 days a week for info/referrals to day and residential treatment centres. [604-660-9382](tel:604-660-9382)

DEW Program

Day, Evening, and Weekend Substance Use Treatment Program. Access virtually from home, in-person, or at Creekside Withdrawal Management Centre. No referral needed. [1-888-587-3755](tel:1-888-587-3755) option 4

Sources Peace Point Overdose Prevention Site

Overdose monitoring in a safe and welcoming environment, as well as Naloxone training and resource referral. [604-209-3672](tel:604-209-3672) sourcesbc.ca

CRISIS LINES

1-800-SUICIDE
www.CrisisCentreChat.ca
TTY 1-866-872-0113
Call/Text 988

Family and Friends Groups

Sources, Substance Affected Family Group

Virtual support for those affected by a loved one's use. [604-538-2522](tel:604-538-2522) sourcesbc.ca

Healing Hearts and Holding Hope

Peer support groups offering support for those who have lost of a loved one related to overdose or other substance related harms. momsstoptheharm.com

Al-Anon: NA-Anon

bcyukon-al-anon.org naranonbc.com

Gambling

BC Responsible Gambling Mobile Outreach

Provides info and support including counselling services and Gambler's Anonymous meetings. 24hr, multilingual. [1-888-795-6111](tel:1-888-795-6111) gamblingsupportbc.ca

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

www.together-sswr.com
[604-868-6841](tel:604-868-6841)

In Person & Online Services

White Rock Opioid Agonist Treatment

Fraser Health's clinics provide comprehensive care and connections to other services. [604-541-6844](tel:604-541-6844)

Quibble Creek Sobering and Assessment Centre

24/7 safe place for women and men 16 + to sober up who are under the influence of alcohol or drugs. Counselling and harm reduction supplies available. Free and no referral required. [604-580-4950](tel:604-580-4950)

Avalon Recovery House for Women

Hosts meetings, monthly events, and provides free workshops. Lending library, clothing closet, free childminding. AA/Al-Anon/CoDa/NA, Smart Recovery meetings held in-person or virtually. Counselling available. [604-542-7772](tel:604-542-7772) avalonrecoveryhouse.org/white-rock

Smart Recovery

Virtual groups provided by Sources and in-person meetings available Saturdays at Sources. Science-based, self-empowered substance use and activity (i.e. eating/gambling) recovery. Also offers online support groups and msg board. [604-538-2522](tel:604-538-2522) smartrecoverybc.com

Toward The Heart

BCCD Harm Reduction Services. Connect with programs and current drug alerts and access harm reduction supplies & support. towardtheheart.com

AA & NA Groups

Find a meeting online or in person:
AA: www.vancouveraa.ca
NA: www.bcrna.ca
[604-434-3933](tel:604-434-3933) staff@vancouveraa.ca

APPS

12 Step Daily AA NA Meditations

I Am Sober

Lifeguard Connect

Saying When

Lifeguard Digital Health

CAMH