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.

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.

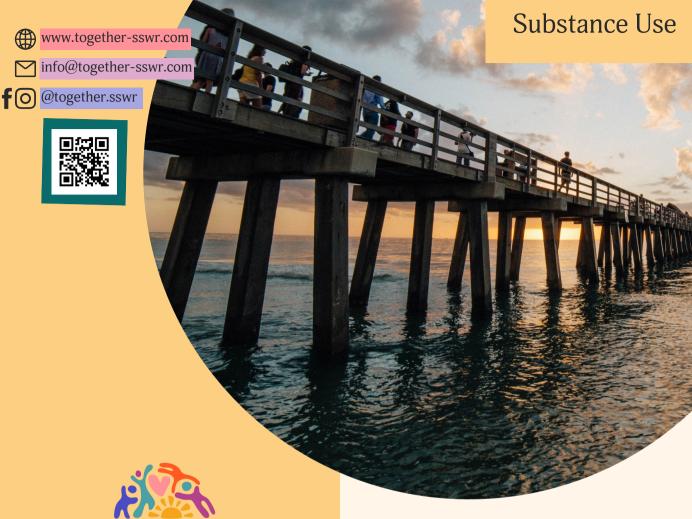
Registered professionals provide individual, couples, & family counselling at hourly rates (130-220+). Some psychologists can also provide formal assessment, diagnosis, and treatment reports that may be helpful in accessing other concurrent programs and benefits.

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



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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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 sourcesbc.ca

DIVERSEcity

Individual and group support for the substance-affected. Services are offered in Punjabi, Urdu, Hindi, and English. 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

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

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 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 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 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 gamblingsupportbc.ca

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

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

In Person & Online Services



Fraser Health's clinics provide comprehensive care and connections to other services. 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

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 avalonrecoverysociety.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 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 staff@vancouveraa.ca

APPS

12 Step Daily AA NA Meditations

I Am Sober

Lifeguard Connect

Lifeguard Digital Health

Saying When CAMH