

## 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](http://www.together-sswr.com)

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

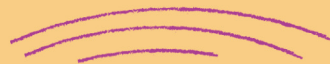
 [@together.sswr](https://www.facebook.com/together.sswr)



# 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.

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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](tel:6045385060)

*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](tel:7785459188)

[alexhouse.net](http://alexhouse.net)

[theyouthspace.com](http://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](tel:6045382522)

[sourcesbc.ca](http://sourcesbc.ca)

### White Rock Child and Youth Mental Health

Referrals, assessment, and therapy for young people (to 18 years).

Monday-Friday 9:00am-12:00pm and 1:00pm-4:00pm

[604-542-3900](tel:6045423900)

### 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](tel:6049544015) [youth@dcrs.ca](mailto:youth@dcrs.ca) [dcrs.ca](http://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](tel:6046845307) ext. 108 [youth@qmunity.ca](mailto:youth@qmunity.ca)

## CRISIS LINES

Kids Help Phone

1-800-668-6868

Text CONNECT to 686868

[www.crisiscentrechat.ca](http://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](http://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](http://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 24. Open Wednesday afternoons.

[604-542-3926](tel:6045423926)

Book Online: [vineyouthclinic.ca](http://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.

Register online under Get Help: [danslegacy.com](http://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](tel:6045384278)

[earlypsychosis.ca](http://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](tel:6045317484)

[peacearchhospice.org](http://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 Surrey- new White Rock centre coming. [foundrybc.ca](http://foundrybc.ca) Surrey Central: [604-546-2700](tel:6045462700)

### First Nations Health Authority & KUU-US

Providing a variety of youth wellness supports. 24-hour crisis line [1-800-588-8717](tel:18005888717)

[fnha.ca](http://fnha.ca)

[kuu-uscrisisline.com](http://kuu-uscrisisline.com)

Can't find what you are looking for?

Try our website and resource line:

[www.together-sswr.com](http://www.together-sswr.com)

[778-369-2475](tel:7783692475)