

Private Therapy

Work Benefits. Your workplace may provide counselling service coverage, including for your partner and children. Coverage can be 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 a separate counselling benefits company. EFAP is confidential, voluntary, and usually, short-term. Call your company's resource or benefits manager.

Other Private Practice Therapy Information:

Registered professionals provide individual, couples, & family counselling at hourly rates (\$150-\$220+). Some psychologists also provide formal assessment, diagnosis, and treatment reports that may be helpful in accessing other child support programs and benefits.

BC Association of Clinical Counsellors

www.bcacc.ca

BC Psychological Association

www.psychologists.bc.ca

Free Psychiatric and Pediatric Services

Psychiatrists are medical mental health specialists that offer assessment, diagnosis, and medication.

Pediatricians are medical doctors specialized in the care of child and youth who can provide diagnosis and treatment. To see a pediatrician or a psychiatrist, obtain a referral through your physician. Referrals can take 3-12 months.

Child psychiatry assessments and recommendations are available for eligible clients of *White Rock Child and Youth Mental Health*. 604-542-3900

BC Children's Hospital (604-875-2010) and *Surrey Memorial Hospital* (604-581-2211) can see children and youth in the emergency. They also have assessment, inpatient, and other mental health programs.



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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Child/Family



Where do I find child and family mental wellness support?

Free Community Services

Alex House

One-to-One Youth & Family Support: Family workers provide support & skills for parents/caregivers of children ages 0-13.

Parent-Teen Mediation: Short-term mediation support for parents and youth ages 13-18 (MCFD referral required).

Positively Parenting Series: Series of 4 workshops for parents and caregivers of children and youth of all ages.

Youth Space: Provides a drop-in safe welcoming space, programs, referrals, and resources for ages 10-18.

[604-535-0015](tel:604-535-0015) theyouthspace.com alexhouse.net

Child and Youth Mental Health (CYMH)

Referrals, assessment, and therapy for children up to 18 and their families. Walk-in appointments available Tuesdays from 9:00am-5:00pm.

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

Canadian Mental Health Association

Confident Parents: Thriving Kids weekly phone coaching program for families with kids ages 3-12.

We are Indigenous: Big Worries/Fears Parent/Caregiver support program for caregivers of children ages 3-12.

Referral required. welcome.cmhacptk.ca

Early Psychosis Intervention

Early recognition of psychosis and timely comprehensive treatments that are stage and age-appropriate. Ages 13-30, no referral needed. [604-538-4278](tel:604-538-4278) earlypsychosis.ca

Family Smart

Parent Peer Support program and Help for the Hard Times online group offer peer support to families, parents, and caregivers surrounding mental health and substance use issues. Translation services are available.

[604-878-3400](tel:604-878-3400) familysmart.ca

Options

Family counselling, Healthiest Babies Possible, PEACE for children experiencing violence, multicultural and newcomer family support, SPEAC-child suicide risk and prevention, and sexual abuse counselling for children ages 3-18.

[604-584-5811](tel:604-584-5811) options.bc.ca

Can't find what you're looking for? Head to www.together-sswr.com or call 604-868-6841

CRISIS LINES

KU-UUS Crisis Line
for Indigenous Peoples
Child/Youth 250-723-2040

Kids Helpline
Call 1-800-668-6868
Text CONNECT to 686868

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

Community Services Cont.

Parent Support Services of BC (PSS)

Work with parents, grandparents, & kinship caregivers to provide emotional, educational, legal, and child-minding support. Support circles for indigenous families and in 7+ languages. [1-877-345-9777](tel:1-877-345-9777) parentsupportbc.ca

Sources Family Programs

Family Counselling MCFD Referral required. [604-541-5034](tel:604-541-5034)
Infant Development Program (IDP) Infants 0-3 years with or at risk for developmental delay. [604-590-7302](tel:604-590-7302)

Access PBS Primarily for those with autism, 0-19 years but also available to those requiring support with challenging behaviours or skill deficits. [604-335-4880](tel:604-335-4880)

FASD Key Program 0-19 years. Uses the positive behaviour support model to address challenges, teach skills and support families. [604-562-5101](tel:604-562-5101)

DiscoverY Short term counselling for youth ages 15-25. [604-538-2522](tel:604-538-2522) sourcesbc.ca

BC Schizophrenia Society

Provides support, support groups, kids and youth groups and education for families with relatives who have schizophrenia, psychosis, or other serious mental illness.

[1-888-888-0029](tel:1-888-888-0029) bcss.org

Short Term Assessment Response Treatment (START)

Provides confidential mental health and substance use crisis intervention services for children and teens ages 6-18.

[1-844-782-7811](tel:1-844-782-7811)

UNITI

Supporting people with developmental disabilities and their families. Mental health support, including guidance counselling, is available for those involved with UNITI services.

[604-536-1242](tel:604-536-1242) uniti4all.com

Multi-Lingual Services

Options, Parent Support Services Society, and Family Smart also have multi-lingual services.

DIVERSEcity

Many programs for immigrant and refugee families including: Multicultural Outreach Program for Families, IMPACT Parenting for Immigrant Parents, Child and Youth Counselling, PEACE for children/youth witnessing abuse.

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

dcrcs.ca

Moving Forward Family Services

Counselling, trauma counselling, groups, and various workshops. Provided in multiple languages.

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

movingforward.help

S.U.C.C.E.S.S.

Help lines, support groups, individual and family counselling. Mandarin, Cantonese, Korean, and Farsi.

[604-588-6869](tel:604-588-6869)

successbc.ca

Indigenous Services

Fraser Region Aboriginal Friendship Centre Association

O'Siem Early Childhood Development (0-6), AECD Outreach, My Urban Auntie/Uncle, Prenatal & Doula Support, FASD keyworker, in-home family support, Family Connections, Indigenous Child and Youth Outreach and Empowerment, 6-19 yrs., MCFD referral required: Domestic Violence Community Liaison. [604-595-1170](tel:604-595-1170) frafca.org

Metis Family Services

Rapid Response Program, Child and Family Group Therapy, Drop-In Support, Infant Development Program, Outreach Parenting, Mentor and Elder Support.

[604-584-6621](tel:604-584-6621)

metisfamilyservices.ca

First Nations Health Authority (FNHA)

Every 12 months, clients can receive up to 22 hours of counselling by a registered provider.

[1-855-550-5454](tel:1-855-550-5454)

fnha.ca

A Few Websites

caddac.ca (ADHD) | foundrybc.ca | kidshealth.org
heretohelp.bc.ca | keltymentalhealth.ca
anxietycanada.com | bc.familieschange.ca (divorce)