

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).

EFAP is 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

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* (www.mffs.ca, 877-485-5025).

Free Psychiatric Services

Psychiatrists are medical mental health specialists that offer assessment, diagnosis, and medication. To see a private psychiatrist, obtain a referral through your physician. Referral can take 6-12 mo.

Rapid Access Clinic through Fraser Health:
Psychiatric assessment and short term services.
Physician referral required. 604-541-6844



www.together-sswr.com



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[@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 we include 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 mental wellness support?

Free Community Services

Alex House

A place for people of all ages, abilities, and cultures, providing programs, services, community events residential camps and community day camps.

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

Sources Counselling and Substance Use

Individual, couples, family, and group counselling and support services. Video, phone, and in-person therapy provided. Counselling is a sliding fee scale or free (up to 8 sessions) through a referral from a family practice network physician. Substance use program is free.

[604-531-6226](tel:604-531-6226) sourcesbc.ca

White Rock-South Surrey Mental Health and Substance Use Services

Part of the Fraser Health Authority. Multi-disciplinary team assessment, treatment, individual and group therapy. No referral required.

[604-541-6844](tel:604-541-6844)

DIVERSEcity

Short-term, solution-focused counselling and support services in Punjabi, Hindi, Urdu, Arabic, Mandarin, Korean, Farsi, and English.

[604-597-0205](tel:604-597-0205) dcrcs.ca

Peace Arch Hospice Society

Range of specialized grief support services. Key services include individual and family counselling, support groups, relaxation groups, walking groups and more.

[604-531-7484](tel:604-531-7484) peacearchhospice.org

CRISIS LINES

Call/Text 988

1-800-SUICIDE

www.crisiscentreachat.ca

TTY 1-866-872-0113

Free Online Therapy

Bounceback

Skill-building program designed to help manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or by phone with a coach.

bouncebackbc.ca [1-866-639-0522](tel:1-866-639-0522)

Living Life to the Full

A CMHA online program. 8-12 hour modules. Certified facilitators provide booklets, worksheets, group activities and discussions. livinglifetothefull.ca

Kelty Mental Health Resource Centre

Resources, events and podcast.

keltymentalhealth.ca

Free Apps

CBT-i Insomnia

US National Centre for PTSD

PTSD Coach Canada

Veterans Affairs

Sorted: mental health

from NHS England

Mindfulness Coach

US Veterans Affairs

Other Free Services

Sources Women's Place

If you are facing domestic abuse, they are resource for clothing, shelter, and peer crisis support.

[604-536-9611](tel:604-536-9611)

Sources Trauma Counselling Program

Crisis, short, and longer term trauma counselling. Free to sliding scale. [604-335-5035](tel:604-335-5035) sourcesbc.ca

First Nations Health Authority & KUU-US

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

fnha.ca

kuu-uscrisisline.com

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

Counselling for individuals, couples, families, and groups. Help lines and referrals. Cost is free to sliding scale.

Mandarin and Cantonese [604-408-7266](tel:604-408-7266)

Korean [604-468-6005](tel:604-468-6005) ext. 2

Farsi [604-468-6100](tel:604-468-6100) ext. 1 successbc.ca

Qmunity

Ten sessions of free and reduced-cost therapy for individuals, couples, and families. All counsellors are members of the LGBTQ2SAI+. Online resources, information, and referral line.

[604-684-5307](tel:604-684-5307) ext.100

qmunity.ca

The Surrey Mobile Assault Response Team (SMART)

A 24-hour mobile crisis response for survivors of a physical or sexual assault who need emergency medical treatment.

[604-583-1295](tel:604-583-1295)

surrey womenscentre.ca

Looking Glass BC

Eating disorders and disordered eating programs Bridge the Gap program offers low cost counselling for 19+ online or in -person.

[604-314-0548](tel:604-314-0548)

lookingglassbc.com

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)