

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.

Employee health 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 Counselling Options.

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.bc-counsellors.org

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 and can also provide diagnosis and treatment. To see a pediatrician or a psychiatrist, obtain a referral through your physician. Referrals can take 3-12 mo.

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.

Looking for youth services? Or can't find what you are looking for? Try our website and resource line.



Together-SSWR

Connecting the community to available mental health resources



www.together-sswr.com



together.sswr@gmail.com



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



604-531-0361



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Child/Family



Where do I find child and family therapy?

Community Services

Alex House 604-538-5060
Youth Space. Provides drop-in programs, referrals, and resources for ages 10 to 24. www.theyouthspace.com
One-to-One Youth & Family Support. For parents and caregivers with children under 19 years of age.
Parent-Teen Mediation. Short-term mediation support for parents and youth, 13-18 (MCFD referral required).
Positively Parenting Series. Workshops for parents and caregivers of children ages 5 - 12. alexhouse.net

Child and Youth Mental Health-Ministry of Children and Family Development (MCFD) 604-542-3900
Referrals, assessment, and therapy for children (to 18 years) and families.

CMHA-Canadian Mental Health Association
Confident Parents: Thriving Kids. Phone Coaching. Referral required. welcome.cmhacptk.ca

Early Psychosis Intervention 604-538-4278
Early recognition of psychosis and timely comprehensive treatments that are stage and age-appropriate. Ages 13-30. No referral needed. earlypsychosis.ca

Family Smart 1- 855-887 8004
The Parent Peer Support workers and Help for the Hard Times Group offer peer support to families, parents, and caregivers from anywhere in B.C. Translation services available. familysmart.ca

Options 604-596-4321
Family counselling, healthiest babies possible, Peace-for children experiencing violence, multicultural and newcomer family support, SPEAC-child suicide risk and prevention, domestic violence and sexual abuse counselling. options.bc.ca

Parent Support Services of BC (PSS) 1-855-474-9777
Work with Parents, Grandparents, & Kinship Caregivers to provide emotional, educational, legal, and child-minding support. Support circles for indigenous families and in 7+ languages. parentsupportbc.ca

CRISIS LINES

1-800-SUICIDE
TTY 1-866-872-0113

KIDS HELP LINE

Call 1-800-668-6868 or
text CONNECT to 686868

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

Community Services Con't

Sources Family Programs 604-541-5034
Family Counselling. MCFD referral required.
Infant Development Program (IDP). Infants 0-3 years with or at risk for developmental delay. 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
FASD Key Program. 0-19 years. Uses the positive behaviour support model to address challenges, teach skills and support families 604-562-5101
DiscoverY. Short term counselling for youth ages 15-25. 604-538-2522 sourcesbc.ca

BC Schizophrenia Society 1-888-888-0029
Provides support, support groups, kids and youth groups and education for families with relatives who have schizophrenia, psychosis, or other serious mental illness. bcss.org

Short Term Assessment Response Treatment Team-START (Fraser Health) 604-585-5561
Provides confidential mental health and substance use crisis intervention services for children and teens.

UNITI 604-536-1242
Supporting people with developmental disabilities and their families. Mental health support, including guidance counselling, is available for those involved with UNITI services. uniti4all.com

Multi-Lingual Services

Options, PSS, and Family Smart also have multi-lingual services.

DiverseCity 604-597-0205
Early Years Refugee Program, Multicultural Outreach Program for Families, IMPACT Parenting Program for Immigrant Parents, Child and Youth Mental Health Counselling, PEACE Program-for children and youth who witness abuse, Healthy Families Program. dcrcs.ca

Moving Forward 877-485-5025
Counselling, Moving Forward with Healthy Relationships Program, Trauma Counselling, Groups, and Workshops. movingforward.help

S.U.C.C.E.S.S. 604-588-6869
Help lines, support groups, individual and family counselling. Mandarin, Cantonese, Korean, and Farsi. successbc.ca

Indigenous Services

Fraser Region Aboriginal Friendship Centre Association (FRAFCA) 604- 595-1170
O'Siem Early Childhood Devel. (0-6), AECD Outreach, My Urban Auntie/Uncle, Child and Infant Devel, Prenatal & Doula Support, FASD Keyworker, In-Home Family Support, Family Connections., MCFD referrals required: Domestic Violence Community Liaison, Indigenous Child and Youth Outreach and Empowerment, 6-19 yrs. fracfa.org

Metis Family Services 604-584-6621
Rapid Response Program, Child and Family Group Therapy, Drop-In Support, Infant Devel. Program, Outreach Parenting, Mentor and Elder Support. metisfamilyservices.ca

Private Counselling Benefits. First Nations Health Authority (FNHA) 1-855-550-5454
Every 12 months, clients can receive up to 22 hours of counselling by a registered provider.

(a few) Websites

keltymentalhealth.ca caddac.com (ADHD)
heretohelp.bc.ca bc.familieschange.ca (divorce)
anxietycanada.com (MAP parenting program etc)
foundrybc.ca (12-24) kidshealth.org