

## Private Therapy

**Work Benefits.** Your workplace may provide therapy coverage through:

**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.

**B) Employee & Family Assistance Programs (EFAP).**

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 also provide formal assessment, diagnosis, and treatment reports that may be helpful in accessing other programs and benefits.

**BC Association of Clinical Counsellors**

[www.bc-counsellors.org](http://www.bc-counsellors.org)

**BC Psychological Association**

[www.psychologists.bc.ca](http://www.psychologists.bc.ca)

Other ways to access low cost individual therapy are through clinics that supervise masters or doctoral student interns such as **SFU Surrey Counselling Center** 604-587-7320 and **Moving Forward Family Services**, [www.mffs.ca](http://www.mffs.ca).

## Free Psychiatric Services

Psychiatrists are medical 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.** Fraser Health Program.

Psychiatric assessment and short term services. GP referral required. 604-541-6844



## Together-SSWR

Connecting the community to available  
mental health resources



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



[togetherwrss@gmail.com](mailto:togetherwrss@gmail.com)



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



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# Where do I find therapy support?

## Community Services

### Sources Counselling and Substance Use

Individual, couples, family, and group counselling and support services. Sliding fee scale. Up to 8 sessions free for those with limited resources through a referral from a family practice network physician.

**Substance use program** is free for effected individuals or family members.

604-538-2522 [www.sourcesbc.ca](http://www.sourcesbc.ca)

### White Rock-South Surrey Mental Health and Substance Use Services

Part of the Fraser Health Authority. Multi-disciplinary team assessment, individual, trauma, and group therapy treatment. No referral required. 604-541-6844

### Alexandra Neighbourhood House

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

604-535-0015 [www.alexhouse.net](http://www.alexhouse.net)

### 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 [www.peacearchhospice.org](http://www.peacearchhospice.org)

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

[www.together-sswr.com](http://www.together-sswr.com)  
604-531-0361

## CRISIS LINE

1-800-SUICIDE

[www.CrisisCentreChat.ca](http://www.CrisisCentreChat.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 over the phone with a coach.

[www.bouncebackbc.ca](http://www.bouncebackbc.ca)

### Kelty's Key

Provides coaching and specific self-directed modules such as for chronic pain, grief, and substance use. [www.keltyskey.com](http://www.keltyskey.com)

### Living Life to the Full

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

[www.livinglifetothefull.ca](http://www.livinglifetothefull.ca)

**Wellness Together Canada.** Learning resources, tracking, and 24/7 counselling support.

[www.wellnesstogether.ca](http://www.wellnesstogether.ca)

## Free Apps

**PTSD Coach Canada**  
Veterans Affairs

**Mindfulness Coach**  
US. Veterans Affairs

**Mind Shift CBT**  
Anxiety Canada

**Moodie**  
Mood Disorders Canada

## Other Services

### Crime Victims Assistance Program (CVAP)

Victim of a crime? CVAP can help provide access to therapy services. FREE or co-pay  
1-866-660-3888 [cvap@gov.bc.ca](mailto:cvap@gov.bc.ca)

### Sources Women's Place

If you are in a domestic abuse situation they can be a resource for clothing, shelter, peer crisis support 604-536-9611  
24-hour helpline 1-800-563-0808

**Sources Trauma Counselling Program.** Crisis, short, and longer term trauma counselling. Free to sliding scale. 604-536-9611 ext 1820  
[trauma.counselling@sourcesbc.ca](mailto:trauma.counselling@sourcesbc.ca)

**First Nations Health Authority & KUU-US** Providing a variety of wellness supports

24-hour crisis line 1-800-588-8717

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

### DIVERSEcity

Short-term, solution-focused counselling and support services in Punjabi, Hindi, Urdu, Arabic, Spanish, Mandarin, Korean, Farsi and English.  
604-597-0205 [www.dcrs.ca](http://www.dcrs.ca)

### 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,  
Korean 604-468-6005 ext. 2,

Farsi 604-468-6100 ext. 1 [www.successbc.ca](http://www.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 ext. 100 [www.qmunity.ca](http://www.qmunity.ca)