Reduced-Cost Counselling Options in Vancouver
October 2026

- The information contained in this directory is compiled and updated quarterly by Willow Tree Counselling and focuses mostly on counselling resources in the city of Vancouver. Willow Tree Counselling is not affiliated with these services and listings do not constitute an endorsement. ***As this is a private, volunteer-run list, Willow Tree Counselling reserves the right to add or remove listings at any time, for any reason.***

- **Email** megan@willowtreecounselling.ca **with changes,** as it is not possible to re-check each entry individually for accuracy due to time constraints.

- Wait times vary and some waiting lists may be closed. Contact clinic to inquire.

● 📣 ***Willow Tree Counselling does not offer free counselling to the public*** ●

Old version? The most current version is *always* at this permalink:
https://willowtreecounselling.ca/wp-content/themes/willowtree/reduced-cost-counselling.pdf
Please bookmark! - Megan won't respond to emails asking "can you send me the current version?"
●***Please share this link and list widely, in the hope that all who want counselling can access it.***●

Sign up to receive quarterly email notifications when the list is revised:
https://preview.mailerlite.io/forms/370898/193285708580914721/share

---

Contents:

General Counselling
Grief Support
LGBTQ+
Trauma
BIPOC
Substance Use
Mental Health
Multilingual
Youth
Health-Related

See Also: ⬇️

Crisis Services and Hotlines in Vancouver
willowtreecounselling.ca/wp-content/themes/willowtree/crisis-services-hotlines-vancouver.pdf

Private Sliding-Scale Counselling (BC-Wide)
willowtreecounselling.ca/wp-content/themes/willowtree/sliding-scale-counselling-list.pdf

Group Support in Metro Vancouver and Online
willowtreecounselling.ca/wp-content/themes/willowtree/group-support.pdf

General Counselling

Adler Centre - Counselling Clinic

604-742-1818 or info@adlercentre.ca ● adlercentre.ca/counselling

Subsidized individual and couples counselling. Counselling provided by supervised counselling psychology graduate students at the Adler Centre. $65-$90 (+sliding scale option) for counselling intern; $130-$145 with registered counsellor.

BeMorr Society - Counselling Assistance Program

bemorrsociety.ca/services

Up to 100% funding for brief counselling for mental health concerns (including PTSD and suicidal ideation) with society-affiliated counsellors. 1:1 parent coaching and peer support groups also available.

Canadian Mental Health Association: North and West Vancouver Branch

604-987-6959 ● northwestvancouver.cmha.bc.ca/programs-services/counselling

Up to 8 sessions of counselling for North Shore residents without open ICBC, WCB or other insurance carrier claims. Therapy provided by intern ($35) or registered clinical counsellor ($70). In-person, virtual or walking therapy available.

Elizabeth Fry Society of Greater Vancouver - EFry Counselling Program

604-545-0437 ● efry.com/counselling

No-cost, short-term goal-focused counselling for self-identifying women to support their mental wellness. Unable to provide trauma counselling or counselling for severe mental health or substance use. Maximum 12 sessions of virtual individual counselling provided by interns and master's-level counsellors.

Family Services of Greater Vancouver Trauma Counselling Program

604-731-4951 | contactus@fsgv.ca ● https://fsgv.ca/what-we-do/trauma-counselling/

Free counselling for child, youth and adult survivors of trauma, sexual abuse and family and intimate partner violence.

Family Services of the North Shore

604-988-5281 ext.226 ● familyservices.bc.ca/find-support/counselling-support

Professional counselling for North Shore residents on a sliding scale. Adults, youth and children. Free transportation to and from the office for youth, as needed, and free drinks and snacks during their counselling sessions.

Free Counselling Society Canada

778-744-3488 (call or text) or TeamLead@FreeCounsellingCanada.ca ● freecounsellingcanada.ca

Free professional video or phone counselling provided by volunteer licensed counsellors and supervised counselling interns. Maximum 12 sessions. Service available Canada-wide in 16+ languages. Agency does not provide crisis counselling or emergency services.

Gordon Neighbourhood House

604-683-2554 | counselling@gordonhouse.org ● gordonhouse.org/programs-2/free-counselling/

Short-term counselling for Lower Mainland residents, provided by registered clinical counsellors interns in partnership with City University Community Clinic. Sliding scale $5.50-$55. Individuals, couples and groups.

HealthMind Counselling Clinic

604-256-5117 or info@healthmind.ca ● healthmind.ca/professional-services/clients/
In-person and online counselling. Counselling provided by supervised counselling graduate students from City University ($30-$55) or with a registered counsellor ($120).

Kitsilano Neighbourhood House

604-736-3588 ext.128 | counselling@kitshouse.org ● kitshouse.org/all-programs
Free counselling by phone or Zoom, in partnership with Adler University (master's and PhD interns). Ages 17+ Click title link for more specific information.

Little Mountain Neighbourhood House - Counselling and Art Therapy

236-862-2903 (Ask for Lynette) ● lmnhs.bc.ca/mental-health
Counselling and art therapy provided by counselling interns, for teens, adults and seniors, by appointment only. Mostly online with limited in-person availability. $5-$20 with neighbourhood house membership.

Living Systems Counselling Society

604-926-5496 ● livingsystems.ca/counselling
Individual, couple and family counselling using Bowen Family Systems Therapy. Lower-cost counselling provided by supervised interns (starting at $20) at some branches only with subsidized rates for master's level therapists starting at $65.

Moving Forward Family Services

877-485-5025 **intake form:** https://hushforms.com/movingforwardfamilyservices
Subsidized counselling for individuals and families. Counselling primarily offered in Surrey, with limited availability in Metro Vancouver. Graduate-level counsellors and counselling interns. Multiple languages. Low cost therapy and limited free sessions for those who are eligible.

Mt. Pleasant Neighbourhood House

604-879-8208 | counselling@mphnh.org ● mpnh.org/multigenerational
Counselling provided by master's level or doctoral interns. Mostly in-person, some online counselling. Currently not accepting new clients.

Oak Counselling

intakes@oakcounselling.org ● oakcounselling.org/index.php/counselling
Professional Individual and couples counselling on a sliding scale, $30-$110/session, based on household income. Maximum one year. Virtual, phone or in-person sessions. Waitlist 1-6 months, no crisis counselling.

Owl's Nest Foundation Canada

owlsnestfoundation@gmail.com ● owlsnestfoundation.wixsite.com/owlsnestfoundation
Up to 12 free virtual counselling sessions provided by credentialed volunteer counsellors and supervised master's interns. Multiple languages available. Not a crisis service.

Pearl Space Society - Counselling Program

604-892-5748 ● pearlspace.ca | pearlspace.janeapp.com
Free virtual counselling across all of BC and in-person in Whistler and Squamish. Counselling provided by supervised graduate students in psychology, counselling and social work from an intersectional feminist framework. Counselling available to all genders, ages 16+

Psychological Services and Counselling Training Centre - UBC

604-822-1364 ● psctc.educ.ubc.ca

Counselling for adults and children aged 10+ provided by supervised UBC psychology graduate students. Clinic runs from September to April. $25. Limited psychoeducational assessments for children ($1800). ***Check to see if waitlist is open.****

Simon Fraser University - Counselling Clinics

● ***Surrey Clinic*** - 778-706-0085 **or** scc_admin@sfu.ca
sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html
Availability throughout the year varies. Services are free.

● ***Burnaby Clinical Psychology Centre***- 778-782-4720
sfu.ca/psychology/clinical-psychology-centre.html

Counselling for adults, children and youth provided by supervised graduate students. Availability varies throughout the year. Limited assessments available per year (psychoeducational, psychodiagnostic and neuropsychological). Counselling at the Surrey clinic is free; Counselling at the Burnaby clinic is on a sliding scale, based on family income.

UBC Psychology Clinic

604-822-3005 **or** clinic@psych.ubc.ca ● clinic.psych.ubc.ca

Counselling services provided by doctoral student interns, supervised by registered psychologists, serving youth and adults. $10-$40 per hour, September through April. Clinic also offers neuropsychology assessments for adults and psychoeducational assessments for children. Contact to see if waiting list is open.

Vancouver Art Therapy Institute Student Clinic

info@vati.bc.ca ● vati.bc.ca/art-therapy-clinic-supervision

Free art therapy by students supervised by registered art therapists who are also clinical counsellors.$10 materials fee. Online only. Serves adults and adolescents.

Wirth Foundation

wirthfoundation.org/pages/apply-for-therapy

Eight free mental health counselling sessions, every 12 months, for low-income people or those experiencing other barriers to counselling. Counselling provided by the organization's registered mental health professionals. Applications open to those living in Canada and the US.

Grief Support

Charlene Reaveley Children's Charity Society

info@crccs.ca ● crccs.ca/counselling

Up to 10 sessions of 100% funded counselling for both children and families (parents/guardians, siblings) who have suffered the loss of an immediate family member. Counselling available at the Society or clients can choose a private, licensed therapist, approved by the Society. Available BC-wide.

Vancouver Hospice Society

604-737-7305 ext. 216 ● counselling@vancouverhospice.org
vancouverhospice.org/services/grief-support/individual-and-family-counselling

Up to 6 free individual or family grief counselling sessions with a clinical counsellor, for Vancouver residents. In-person or online.

LGBTQ+

Catherine White Holman Wellness Centre
604-442-4352 ● cwhwc.com/services
Counselling currently limited to hormone, surgical readiness, name/gender marker changes for trans and gender-diverse people.

Heath Initiative for Men (HIM)
604-488-1001 ext. 230 ● checkhimout.ca/programs-and-services/mental-health/counselling/
Counselling for eligible gay, bi, and queer men and women (GBQ) and gender-diverse folks residing in BC. Free/by-donation, reduced cost and private counselling options available.

Qmunity - Counselling Program
counselling@qmunity.ca ● qmunity.ca/counselling
Counselling for members of the LGBTQ+ communities provided by Registered Social Workers and Clinical Counsellors. $60-$120 a session. Low-cost counselling option provided by interns. Daytime only. 10-session limit.

Trauma

Atira Community Services Society - Stopping The Violence Counselling
604-331-1407 ext. 106 or 107 ● atira.bc.ca/what-we-do/program/stopping-the-violence-counselling
Free individual and group counselling for women and trans women who have experienced relationship abuse, sexual assault, or physical, emotional or sexual abuse.

Battered Women's Support Services
604-687-1868 ● bwss.org/support/programs/counselling
Counselling and support services for any woman who has been abused in an intimate relationship as well as women survivors of childhood sexual abuse, adult sexual assault and residential school survivors.

BC Society for Male Survivors of Sexual Abuse
604-682-6482 ● bc-malesurvivors.com/for-survivors/funding-your-therapy
Individual and group counselling for male survivors of sexual abuse. Registered clinical counselling: $100. Group counselling: $40 per week. Supervised interns: $50/hr. Victim services workers on staff to help apply for funding for those who qualify.

Crime Victims Assistance Program
Victim Link BC 1-800-563-0808 (available 24/7)
www2.gov.bc.ca/gov/content/justice/criminal-justice/bcs-criminal-justice-system/if-you-are-a-victim-of-a-crime/victim-of-crime/financial-assistance-benefits
Funded counselling for victims of crime, immediate family members and witnesses. Contact for eligibility.

Family Services of Greater Vancouver Trauma Counselling Program
604-731-4951 | contactus@fsgv.ca ● https://fsgv.ca/what-we-do/trauma-counselling/
Free counselling for child, youth and adult survivors of trauma, sexual abuse and family and intimate partner violence.

MMIWG2S Family Counselling - Salal Sexual Violence Support Centre

604-255-6344 ● salalsvsc.ca/indigenous-support-programs
Free counselling for family members of missing and murdered Indigenous women, girls and two-spirit people. Family members includes extended families, community families and self-identified family members. Drop-in counselling coming soon. Call to enquire.

MOSAIC - Stopping the Violence Program

604-254-9626 | info@mosaicbc.orgn
mosaicbc.org/our-programs/counselling-support-for-victims-of-violence
1:1 counselling for self-identified women residing in Vancouver or Burnaby, who are experiencing or at risk of abuse or violence in an intimate relationship. Counselling available in English, French, Farsi, Vietnamese and Spanish.

Residential Historical Abuse Program (RHAP)

604-875-4255 ● vch.eduhealth.ca/PDFs/CE/CE.851.S49.pdf
Free counselling for those who were sexually abused while under the care of the province (foster care, group homes, etc.)

Salal Sexual Violence Support Centre

604-255-6344 ● salalsvsc.ca/ongoing-support
Up to 25 sessions of individual counselling and/or group support for marginalized genders: cis and trans women, two-spirit, trans and/or non-binary people who have experienced sexualized violence. Additional counselling programming for Indigenous survivors.

Vancouver Association for Survivors of Torture (VAST)

604-255-1881 or Toll Free: 1-866-393-3133 ● vastbc.ca
Trauma-focused counselling for refugees in one-on-one and group settings. Services provided in English, Spanish and Farsi with interpretation also available in 23 languages.

BIPOC

First Nations Health Authority

1-800-317-7878 (Toll Free) ● fnha.ca/benefits/mental-health
Mental health provider list:
fnha.ca/wp-content/uploads/migrated/Documents/FNHA-First-Nations-Health-Benefits-Mental-Health-Provider-List.pdf
Provides coverage to access mental health providers, including counsellors, social workers, and psychologists. FNHB covers three mental health programs: Short-Term Crisis Intervention, Indian Residential School Resolution Health Support Program, and the Missing and Murdered Indigenous Women and Girls - Health Support Services.

Indian Residential Schools Survivors Society - Counselling Services

604-985-4464 | reception@irsss.ca ● irsss.ca/irsss-services
Culturally-based counselling for survivors, their families and communities.

Indigenous Counselling Program: Salal Sexual Violence Support Centre

604-255-6344 ● salalsvsc.ca/indigenous-support-programs
Free 1:1 counselling for Indigenous including trans and cis women, as well as trans, non-binary, and Two Spirit people, incorporating Aboriginal healing approaches and traditions based on the Medicine Wheel.

Metro Vancouver Indigenous Counselling

604-256-5850 ● mvic.ca/service-counselling/

Free professional counselling for Indigenous individuals registered with the First Nations Health Authority. Clinic also works with extended health plans and bands and agency funding when available.

Metis Counselling Connection Program ***Program Currently Paused***

mccprogram@mnbc.ca ● https://www.mnbc.ca/funding/counselling/

Up to $2000 for counselling and/or psychology/psychiatric assessments for registered citizens of the Metis Nation of BC. Sign up to be alerted when the program re-opens: https://mnbc.ca/forms/metis-counselling-connection-program-updates/

Miyoopimaatishihk (Wellbeing) Program - Ages 0-8

metisearlyyears@mnbc.ca ● mnbc.ca/programs/miyoopimaatishihk-wellbeing

Up to $5000 yearly to Metis families with children ages 0-8 who require specialized a wide-range of health-related services and equipment which could include therapies, psychological assessments, equipment or respite for caregivers. Families and their children must be registered citizens of the Metis Nation of BC.

Vancouver Aboriginal Friendship Centre - Counselling and Emotional Support

604-251-4844 ext. 332 or wellness@vafcs.org ● vafcs.org/mental-health-%26-wellness

In-person and virtual pay-what-you-can professional counselling for Indigenous people (ages 14+) without insurance (up to 12 sessions) and free, unlimited emotional support services to any individuals seeking support.

Vancouver Black Therapy and Advocacy Foundation

vancouverblacktherapyfoundation.com/programs

The free counselling program links Black community members with accredited Black local counsellors in Metro Vancouver. Priority for Black, disabled and LGBTQIA+ folks. Foundation also has a low-cost counselling program ($75-$130 a session).

****Check link for availability as free program may still be paused.****

Specialized Federal Programs Offering Trauma Counselling for Indigenous Peoples

***In BC, eligibility is determined by the First Nations Health Authority**

fnha.ca/contact ● Phone: 604-693-6500 | Toll-free: 1-866-913-0033

- **Missing and Murdered Indigenous Women, Girls and 2SLGBTQI+ Health and Cultural Support Program**
  rcaanc-cirnac.gc.ca/eng/1548700698392/1548701361628
- **Indian Residential Schools Resolution Health Supports Program**
  sac-isc.gc.ca/eng/1581971225188/1581971250953
- **Federal Indian Day Schools Health and Cultural Supports Program**
  sac-isc.gc.ca/eng/1594067962949/1594068284591
- **Expanded Trauma-Informed Health and Cultural Safety Program**
  sac-isc.gc.ca/eng/1736168777040/1736168826573#sec2

- **First Nations Child and Family Services and Jordan's Principle Settlement Agreement Support Services**
  Jordan's Principle Hotline: 1-855-572-4453
  sac-isc.gc.ca/eng/1740753427791/1740753511114
  https://jordansprinciplehubbc.ca/contact-us/

Substance Use

Gambling Support BC

1-888-795-6111 (available 24/7) ● gamblingsupportline.ca
Free short-term professional, multilingual counselling for any British Columbian struggling with their own or their family member's gambling. Counsellors have a minimum of a Master's degree in a counselling-related discipline.

Boys and Girls Clubs - Substance Use Counselling Services

604-879-6554 ● bgcbc.ca/substance-use-counselling-services
Free counselling for youth ages 13-24, concerned about their substance use or a loved one's substance use. Family members or service providers concerned about a youth's substance use can also access counselling.Family counselling also available.

Burnaby Substance Use Services

604-777-6870
fraserhealth.ca/Service-Directory/Service-At-Location/E/B/community-substance-use-services-clinic---burnaby#.ZCfA0ezMJNg
Free drop-in and booked 1:1 online and in-person counselling for Burnaby residents who want to change their relationship with substances. Counselling support also available for family members and supports.

Native Courtworker and Counselling Association of BC: Drug & Alcohol Services

604-628-1134 ● nccabc.ca/wellness/#indigenous-outpatient-addiction-counselling-detox-support
Walk in or call to set up an appointment. One-to-one adult, youth, family and group counselling and detox for Indigenous people, part of an intensive outpatient treatment program.

Substance Use Services, Vancouver Coastal Health

Call Access Central at 1(866) 658-1221 or use link and scroll down to find clinic in your area.
vch.ca/your-care/mental-health-substance-use/substance-use-services
Substance use assessment, counselling and treatment planning for individuals, couples and families. Group counselling also available. Free. Vancouver and Richmond residents only.

Turning Point Outreach Community Counselling Program

236-877-2649 ● https://turningpointrecovery.com/community-counselling-programs/#turning-point-outreach-community-counselling-tpocc-program
To self-refer: https://turningpointrecovery.com/wp-content/uploads/2024/08/TPOCC-Referral-Form.pdf
Up to 12 free counselling sessions for individuals seeking support for substance use problems, who are transitioning to a different level of care or are at risk of overdoes. Clients must live in the Vancouver-Coastal health region.

Mental Health

Bounce Back Program - Canadian Mental Health Association
1-866-639-0522 ● bouncebackbc.ca
Telephone coaching for adults and youth (13+) with mild-moderate depression with or without accompanying anxiety. Check for current language availability. Provider referral required to access the coaching program (including doctors, nurse practitioners, psychiatrists, psychologists, school counsellors, social workers, or registered clinical counsellors). Free.

Looking Glass Foundation: Bridge The Gap Program
604-314-0548 ● lookingglassbc.com/programs/bridge-the-gap/
Counselling for BC residents experiencing a clinical or self-diagnosed eating disorder. Counsellors are supervised master's-level students. $35/hr. Limited bursaries available.

Mood Disorders Association of BC - Counselling and Wellness Centre
604-873-0103 ex.2 ● lookoutsociety.ca/mdabc/counselling-and-wellness/appointment-fee-information
Individual therapy with certified counsellor ($115-$125 an hour) or intern ($50 hour). Group therapy also available.

Naria Foundation
info@nariafoundation.com ● nariafoundation.com
Counselling for youth and young adults impacted by the psychological consequences of traumatic stress, homelessness, substance use or other related changes.Referrals accepted from health care providers and community service workers.

Personality Disorder BC
personalitydisorderbc.ca/referrals
Individual and group transference-focused psychotherapy for borderline and narcissistic personality disorders. Serivces covered under MSP. Referrals screened for compatibility; not all referrals accepted. ***Currently only accepting referrals for group psychotherapy.****

Resistance Resilience Network
resistance.resilience1312@gmail.com ● resistanceresilience.com/about
Free mental health support for individuals facing burnout or other mental health effects of engaging in anti-oppression work.

Vancouver General Hospital - Mental Health Outpatient Services
604-675-370
vch.ca/en/location-service/mental-health-substance-use-outpatient-services-vancouver-general-hospital
Group therapy for depression, anxiety, concurrent disorders. Psychiatry consultations. Self or physician referrals.

Multilingual

Free Counselling Society Canada
778-744-3488 (call or text) or TeamLead@FreeCounsellingCanada.ca ● freecounsellingcanada.ca
Free professional video or phone counselling provided by volunteer counsellors and supervised counselling interns. Maximum 12 sessions. Service available Canada-wide in multiple languages. Agency does not provide crisis counselling or emergency services.

inform'Elles - Ending the Violence Against Women Program
604-735-4650 ● informelles.ca
soutien@informelles.ca (pour les femmes Francophones)
Conseil en Français. French-language only, 1:1 support ad safety planning (phone or email) for women. Free.

MOSAIC - Stopping the Violence Program
604-254-9626 or info@mosaicbc.org
mosaicbc.org/our-programs/counselling-support-for-victims-of-violence
1:1 counselling for self-identified women experiencing or at risk of abuse or violence in an intimate relationship. Counselling available in English, French, Farsi, Vietnamese and Spanish.

MOSAIC - Vietnamese Family Support Program
604-254-9626 ext.1030
mosaicbc.org/wp-content/uploads/2017/08/T56770Vietnamese_VFC_June06_Web.pdf
One-on-one or family support and counselling for a variety of life issues. Services available in Vietnamese and English.

Moving Forward Family Services
877-485-5025 ● movingforward.help/get-started
Subsidized counselling for individuals and families. Counselling primarily offered in Surrey, with limited availability in Metro Vancouver. Graduate-level counsellors and counselling interns. Multiple languages. Contact for fees.

SUCCESS - Individual and Family Counselling
604-408-7266 or 604-684-1628 ● successbc.ca/counselling-crisis-support/services/counselling
Individual and couples counselling offered in Mandarin, Cantonese, Korean, Farsi and English with a focus on helping new immigrants of Chinese and other ethnic origins. Play and art therapy also available. Fees charged on a sliding scale based on income.

Vancouver & Lower Mainland Multicultural Family Support Services Society Multicultural Outreach/ Stopping the Violence Program
604-436-1025 ● vlmfss.ca/multicultural-outreach
Individual counselling, group counselling, advocacy, crisis intervention and referrals for women experiencing any form of abuse or violence, provided in numerous languages.

Youth

Boys and Girls Clubs - Substance Use Counselling Services
604-879-6554 ● bgcbc.ca/substance-use-counselling-services
Free counselling for youth ages 13-24, concerned about their substance use or a loved one's substance use. Family members or service providers concerned about a youth's substance use can also access counselling.Family counselling also available

Dan's Legacy - Therapeutic Counselling Program
tom@danslegacy.com ● danslegacy.com/help
Counselling for youth ages 15-25 who have experienced abuse or are affected by substance use. Family counselling also available. Bursaries available for those unable to afford therapy.

DiscoverY

604-538-2522 **or** discoverY@sources.bc.ca ● sourcesbc.ca/our-services/discovery
Free short-term counselling for youth and young adults ages 15-25. 8 session max.

Family Services of Greater Vancouver Trauma Counselling Program

604-731-4951 | contactus@fsgv.ca ● https://fsgv.ca/what-we-do/trauma-counselling/
Free counselling for child, youth and adult survivors of trauma, sexual abuse and family and intimate partner violence.

The Foundry - Youth and Family Counselling

1-833-308-6379 or online@foundrybc.ca ● foundrybc.ca/foundry-virtual-bc/
Counselling for youth ages 12-24 and their caregivers. Counselling by voice, video or chat or in-person at participating centres (https://foundrybcarchive.ca/find-a-centre/)

Kids Help Phone - 24/7

1-800-668-6868 - to talk to a professional counsellor - see webpage for current languages
kidshelpphone.ca (to start live chat) or access online resources
text CONNECT to 686868 for crisis text support - kidshelpphone.ca/text
Phone, text or live chat. Anonymous and confidential. No need to give your name.

First Nations Child and Family Services and Jordan's Principle Settlement Agreement Support Services

Phone: 604-693-6500 | Toll-free: 1-866-913-0033
https://www.sac-isc.gc.ca/eng/1740753427791/1740753511114
Timely funding for counselling and other services for Indigenous children, regardless of status.

Miyoopimaatishihk (Wellbeing) Program - Ages 0-8

metisearlyyears@mnbc.ca ● mnbc.ca/programs/miyoopimaatishihk-wellbeing
Up to $5000 yearly to Metis families with children ages 0-8 who require specialized a wide-range of health-related services and equipment which could include therapies, psychological assessments, equipment or respite for caregivers. Families and their children must be registered citizens of the Metis Nation of BC.

Naria Foundation

info@nariafoundation.com ● nariafoundation.com
Counselling for youth and young adults impacted by the psychological consequences of traumatic stress, homelessness, substance use or other related changes.Referrals accepted from health care providers and community service workers.

Urban Native Youth Association (UNYA) - Native Youth Heath and Wellness Centre

604-254-7732 or info@unya.bc.ca
unya.bc.ca/programs/health-and-wellness/
Free individual and group clinical counselling for Indigenous youth, ages 12-30. Drop-ins welcome or by appointment. Elder support also available.

Health-Related

Callanish Society
604-732-0633 ● callanish.org/ongoing-programs
Counselling for adults and youth affected by cancer at any stage. Contact for sliding scale rates.

IBD Centre of BC - Mental Health Services
604-416-4444 ● ibdcentrebc.ca/services/psychology-services
Mental health assessments with possible referral to the counselling program for patients with known or suspected inflammatory bowel disease. Free for patients with a BC Care Card.
Referral to this program is via a family doctor/physician only.

ICBC - Enhanced Care Program
icbc.com/claims/injury/accessing-treatment-during-your-first-12-weeks-of-recovery
Up to 12 pre-approved counselling or psychologist sessions for anyone involved in a car accident, regardless of fault, in the first 12 weeks of recovery. Mental health practitioner must be on the list of ICBC approved providers https://icbc.com/claims/injury/find-a-health-care-provider

Inspire Health
604-734-7125 ● inspirehealth.ca/programs/clinical-services/clinical-counselling
Short-term, cancer-focused counselling support for those with a cancer diagnosis or their loved ones. Counselling provided by master's level therapists. Free. No referral required.

Parkinson Society of BC
604-662-3240 ● parkinson.bc.ca/resources-services/counselling
Free, short-term professional counselling and psychotherapy for individuals across BC with Parkinson's disease and their families.

Well Being Program for Deaf, Hard of Hearing and Deaf-Blind
778-819-0951 (voice) ● 778-987-4174 (text) ● 604-456-0901 (TTY only)
deafwellbeing.vch.ca/services/adults
Free counselling and mental health support services for deaf, hard of hearing and deaf-blind individuals and their families across BC. Accessible for all communication needs and modalities.

Extended Health Benefits

If you have **extended health** through your employer, check with HR or your insurance plan to see whether your employer has paid for **counselling benefits**. Sometimes this is a separate, contracted service (**Employee Assistance Program**), other times you are covered for a particular counselling professional such as a Registered Social Worker (RSW or RCSW), Registered Clinical Counsellor (RCC) or a Registered Psychologist (R.Psych), whom you would hire privately. Be clear on who you're covered for if reimbursement is important to you! Typically, you would pay the therapist first and they give you a receipt for reimbursement through your extended health. A growing amount of local, private clinics offer direct billing. I have written extensively about counselling options, including third-party, employee assistance programs, private and subsidized, in the following article: https://willowtreecounselling.ca/articles/am-i-covered-understanding-your-counselling-options/

Use Of This List

Listings are categorized; categories, however, are not exclusive and are not intended to be limiting in terms of service provided or population served.

If you know of a ***not-for-profit agency*** offering a professional, lower-cost counselling service that I have not included, please let me know and I will consider it for inclusion. Due to space restrictions, this list does not represent all not-for-profit counselling services in Metro Vancouver. As I am not able to go through each listing in detail on a quarterly basis, corrections to megan@willowtreecounselling.ca are most welcome.

As agencies change over time, please check with the above services to ensure accuracy of the information provided here.

Note that many programs will have wait lists, or wait lists may be closed. You may wish to add yourself to several waiting lists to potentially increase the speed of you being able to access counselling.

If you are in a position to donate to these worthwhile counselling programs, please consider doing so!

This list in its original form, or the link to this list may be freely distributed, but copying and pasting the contents of this list, without permission or credit, is not permitted.
Copying and pasting contributes to "stale lists" that mislead the public and fails to recognize the work and effort of creating and maintaining this list year after year.

willowtreecounselling.ca | megan@willowtreecounselling.ca | 604-521-3404