

## Free and Lower Cost Mental Health Services in the Lower Mainland

**Please note:** While I do work to keep this list up to date, bc211 has the most current and complete information on low-cost community services in BC. When you contact them a community resource specialist can help you by searching their database for the services you're looking for.

You can reach out to them by:

- Phoning or texting 2-1-1 from anywhere in BC
- Emailing them: <https://bc.211.ca/contact-us>
- Using their online chat: <https://bc.211.ca/chat>

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## Free and Lower Cost Mental Health Services in the Lower Mainland

### Emergencies

If you are experiencing an Emergency, please call 9-1-1 or go to your nearest hospital Emergency Room. If you do not need to be hospitalized, please consult the resources below:

- **Surrey Mental Health and Substance Use Urgent Care Response Centre:** A central point of access for adults in Surrey who are experiencing urgent mental health and/or substance use concerns and who are voluntarily seeking urgent care, but don't need to be hospitalized. Located in the Charles Barham Pavilion at 13750 96th Avenue, Surrey. Open every day from 8:30 a.m. to 8:30 p.m. Last walk-in appointment accepted at 7:00 p.m.
  - **Phone:** 604-953-6200
- **The Vancouver General Hospital Access and Assessment Centre:** Provides an alternative to going to the emergency room for people experiencing a mental health crisis. Located at Joseph and Rosalie Segal and Family Health Centre at 803 West 12 Avenue, Vancouver. Open 7 days a week from 7:30am to 11:00pm.
  - **Phone:** 604-675-3700

### Mental Health Crisis Lines

- **310 Mental Health:** The line will connect you to the first available crisis line worker in BC from a network of ten crisis lines. Simply dial 310-6789 (no area code).
- **Crisis Intervention and Suicide Prevention Centre:** Provides confidential, non-judgmental, free emotional support for people experiencing feelings of distress or despair, including thoughts of suicide. Call 604 872-3311 (Greater Vancouver), or toll-free 1 800 SUICIDE (784-2433), or visit: [crisiscentre.bc.ca](http://crisiscentre.bc.ca).
- **The KUU-US Crisis Response Service:** Provides 24/7 culturally-aware crisis support to Indigenous people in B.C. Call 1-800-588-8717 or visit: [kuu-uscrisisline.ca](http://kuu-uscrisisline.ca).

### Free Adult Counselling Services

#### SFU Surrey Community Counselling

Counselling services delivered by SFU Master's level counselling-trainees, supervised by a qualified Counsellor. Provides services for community members over the age of 13, prioritizing residents of Surrey. Provides online and in-person counselling services from September to April.

- Phone: 778-706-0085 (Intake line, leave a message)
- Email: [scc\\_admin@sfu.ca](mailto:scc_admin@sfu.ca)
- Website: [sfuscc.ca](http://sfuscc.ca)

#### UBC - Scarfe Free Counselling Clinic

Counselling services delivered by UBC Master's level counselling-trainees supervised by a registered psychologist. Offers support with stress-management (work, home, school stress), anxiety, depression, school and relationship issues. Provides services to adults, students, and children over 10. Open September to April.

- Phone 604-827-1523 (Leave a message)

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- Website: <https://ecps.educ.ubc.ca/counselling-centres/scarfe-free-counselling-clinic/>

### Family Services of Greater Vancouver

Counselling provided by supervised intern counsellors, September to April only. Free service. Offices located in Vancouver, Richmond and New Westminster.

- Phone: 604-874-2938
- Website: [fsgv.ca/programs/counselling](https://fsgv.ca/programs/counselling)

### Wellness Together Canada

Online portal that provides mental health resources and single sessions of phone counselling with an on-call counsellor from Homewood Health for adults and the Kids Help Phone for youth. Counsellors are available 24/7.

- Phone: 1-866-585-0445
- Website: <https://wellnesstogether.ca/>

### Mental Health Centres

Provides a range of health care and support services for adults with mental health and/or substance use issues. Services include assessment, treatment, counselling, education, and referral to community resources. In addition, provides access to other specialty mental health services such as psychiatric group therapy, and the RCH Wellness Program. Open referral. Some services may be online or by phone during pandemic. Center phone numbers and locations are listed on website

- Website: <https://www.fraserhealth.ca/service-directory/services/mental-health-and-substance-use/mental-health-centres/mental-health-centres#MentalHealth>

### Foundry Virtual

Offers virtual counselling sessions, youth and caregiver peer support, and group offerings and workshops to **young people ages 12 to 24 and their caregivers**. Services are free and confidential.

- Phone: 1-833-308-6379
- Website: [www.foundrybc.ca/virtual](https://www.foundrybc.ca/virtual)

### DiscoverY – Surrey/White Rock

A free short-term counselling program for **youth and young adults ages 15 to 25** who are ineligible for other funded services in the community. Counsellors provide eight counselling sessions. Referral accepted from self or other.

- Phone: 604-538-2522
- Website: [www.sourcesbc.ca/our-services/discovery/](https://www.sourcesbc.ca/our-services/discovery/)

### Here2Talk

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Provides free, confidential single session counselling and community referral services to **students registered with a BC post-secondary school**. Counselling is offered by app, phone, or online chat. Operates 24 hours daily; no appointment required. Offered in partnership with Mornau Shepell.

- Phone: 1-877-857-3397 or 604-642-5212
- Website: [here2talk.ca](http://here2talk.ca)

## Lower Cost General Counselling Services

### Moving Forward Family Services Society

Provides counselling services using a client-centered, anti-racist, and anti-oppression approach. Services are low-barrier and accessible to all. Operates on a 'pay what you can' model with fee depending on wait time for appointment and counsellor professional designation; \$50 individual or \$65 couple per session is charged for an appointment with a clinical counsellor and no wait time, \$20 per session is charged for an appointment with an intern with up to an eight week wait time, and **lower fee/free is available** with proof of low income with waits of up to twelve weeks. Services at the lowest cost are limited to six sessions. Currently only providing online or telephone services. Offering free, temporary phone support to anyone who may be struggling emotionally while in self-isolation.

- Phone: 778-321-3054
- Website: [www.mffs.ca](http://www.mffs.ca)

### Sources Counselling Services

Offers individual, couples, family, and group counselling to address a variety of concerns. Fee-for-service, with subsidy available; can accommodate some employee assistance programs.

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

### Nightshift Street Ministries - The Care Centre

Provides counselling on a sliding scale fee for a variety of concerns from a Christian or secular perspective. Serves individuals of all ages. Also offers group, couple, and family counselling. Appointments are available Monday to Saturday, including evenings. May offer a free preliminary consultation.

- Phone: 604-953-1114
- Website: [www.nightshiftministries.org/counselling-care-program](http://www.nightshiftministries.org/counselling-care-program)

### UBC Psychology Clinic

Counselling services provided by doctoral student interns, supervised by registered psychologists, serving youth and adults. Fees range from \$10 to \$40 per hour. Call to check availability.

- Phone: 604-822-3005
- Website: [clinic.psych.ubc.ca](http://clinic.psych.ubc.ca)

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### **Burnaby Clinical Psychology Centre**

Counselling for adults, children, and youth provided by supervised Master's and PhD Clinical Psychology students. Sliding scale based on gross family income.

- Phone: 778-782-4720
- Website: [www.sfu.ca/psychology/clinical-psychology-centre.html](http://www.sfu.ca/psychology/clinical-psychology-centre.html)

### **Trinity Western – Fraser River Counselling**

Counselling services delivered by Master's level counselling-trainees supervised by a Registered Clinical Counsellor. Services are low cost and **can be waved in some circumstances**. Provides individual services for all ages, as well as family counselling, for a wide range of topics.

- Phone: 604-513-2113
- Website: <https://fraserrivercounselling.ca>

### **Adler Centre Counselling Clinic**

Sliding scale individual and couples counselling. Counselling provided by counselling psychology graduate students at the Adler Centre, supervised by an experienced clinician. Provides in-person and online counselling.

- Phone: 604-742-1818
- Website: [www.adlercentre.ca/counselling-clinic](http://www.adlercentre.ca/counselling-clinic)

### **Mood Disorders Association of BC – Wellness Centre**

Offers groups, individual, and couple/family counselling services for a fee (most affordable rate is 50/hour with an intern). Also offers free educational workshops and information on a variety of mental health topics. Services are being provided online or by phone during the pandemic.

- Phone: [604-873-0103](tel:604-873-0103)
- Website: [www.mdabc.net](http://www.mdabc.net)

### **Living Systems Counselling**

Offers counselling services to individuals, couples, and families to address a wide variety of concerns including depression, anxiety, stress, marital issues, separation, divorce, parenting or relationship problems, addictions, low self-esteem, assertiveness, anger, communication or career issues. Services are available on a sliding scale fee.

- Phone: 604-926-5496
- Website: [www.livingsystems.ca](http://www.livingsystems.ca)

### **Cedar Springs Counselling / Cedar Springs Health Society**

Provides counselling services to individuals, couples, and families. Standard fee is \$120 per session; reduced sliding scale fee available for individuals, couples, and families who are in need. Service may be available in Cantonese or Mandarin depending on staff availability.

- Phone: 604-262-8806

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- Website: [www.cedarspringscounselling.com](http://www.cedarspringscounselling.com)

### Oak Counselling

Reduced fee secular counselling services provided at the Vancouver Unitarian Centre by supervised volunteers with Master's degrees in psychology or psychology related fields. Individual and couples counselling. Check to see if waitlist is open.

- Phone: 604-266-5611
- Website: [oakcounselling.org](http://oakcounselling.org)

### Qmunity Counselling Program

Offers ten free or reduced cost counselling sessions for individuals, couples, relationships, and families. All counsellors are members of the LGBTQ2SAI+ communities. Online counselling sessions are available during the pandemic.

- Phone: 604-684-5307 ext.100
- Website: [www.qmunity.ca/get-support/counselling/](http://www.qmunity.ca/get-support/counselling/)

### Jewish Family Services Vancouver

Offers counselling services to youth, adults, seniors, couples and families. Offers sliding scale service based on income, Registered Clinical Counsellor's fees range from \$30-110, and free services are offered by supervised intern students.

- Phone: 604-558-5726
- Website: [jfsa.ca/counselling/](http://jfsa.ca/counselling/)

### Gordon Neighbourhood House

Free short term individual, couple, and group virtual counselling for community members, provided by registered clinical counsellors. **Must live in the city of Vancouver to access service, with priority going to people who live in the West End.** As of April 2022 waitlist is up to one year.

- Phone: 604-683-2554                      Email: [counselling@gordonhouse.org](mailto:counselling@gordonhouse.org)
- Website: [gordonhouse.org/programs/free-counselling](http://gordonhouse.org/programs/free-counselling)

### South Vancouver Neighbourhood House

Free program offered twice a week by counselling interns from City University. Serves individuals, couples, and families facing challenges in relationships, parenting, stress, anxiety, depression, grief and loss, change and transition, or substance use.

Email: [counselling@southvan.org](mailto:counselling@southvan.org)

Website: [www.southvan.org/program\\_category/community-programs](http://www.southvan.org/program_category/community-programs)

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### Dan's Legacy

Counselling for **youth ages 15 to 25** who have been affected by abuse or addiction issues, resulting in depression, anxiety, sleep and eating disorders, or struggles with substances. Family counselling also available. Young people and their families who cannot afford therapy will be supported through counselling bursaries.

- Website: <https://danslegacy.com/help/>

## Free Online Mental Health Courses and Information

### Canadian Mental Health Association – Bounce Back

A free evidence-based program designed to help youth and adults experiencing symptoms of mild to moderate depression, low mood or stress, with or without anxiety. Bounce Back® teaches effective skills to help people improve their mental health. Modules can be completed independently or by receiving coaching over the phone.

- Phone: 1-866-639-0522
- Website: <https://bouncebackbc.ca/>

### CBT Skills Group Society of Victoria

Offers a BC-wide online psycho-educational program for adults aimed at improving mental health. The Cognitive Behavioural Therapy (CBT) Skills Groups integrate neuroscience, mindfulness, and CBT skills and concepts. The focus is on helping an individual become more aware of patterns of thinking (cognitions), feeling (emotions) and behaving, to enable making conscious choices to respond rather than react. The eight-week course involves 90-minute sessions with 10 to 60 minutes of home practice each week. Aimed at adults ages 18 to 75 with mild to moderate depression or anxiety, or those who wish to cope with stress more effectively. There is a \$65 initial deposit, which is returned if the patient attends at least seven of the eight groups. A hard copy of the workbook is recommended, which is an additional \$35, or the patient can access an online version.

- Website: [www.cbtskills.ca](http://www.cbtskills.ca)

### Anxiety Canada

Offers a wide range of information and resources for coping with anxiety, the MindShift CBT app, and My Anxiety Plan, a step-by-step guide for anxiety management.

- Website: <https://www.anxietycanada.com/>

### MindHealthBC

Vancouver Coastal Health Authority, Providence Health Care and community partners have created an online mental health counselling program. If you're struggling with depression, anxiety, or other mental health or substance use challenges, their website for information and recommendations for further support in Vancouver, Richmond and other coastal communities.

- Website: [www.mindhealthbc.ca](http://www.mindhealthbc.ca)

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### **BC Mental Health Support**

A provincial website that provides information, services and education and awareness about mental health and substance use for adults, youth and children.

- Website: <https://www2.gov.bc.ca/gov/content/mental-health-support-in-bc>

### **Heretohelp**

Provides information about managing mental illness and maintaining good mental health, including self-management resources and screening self-tests for wellness, mood, anxiety and risky drinking.

- Website: [heretohelp.bc.ca](http://heretohelp.bc.ca).

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### Group Therapy

#### **Surrey Memorial Hospital – Psychiatric Group Therapy Services**

Therapy groups are available for adults experiencing emotional difficulties such as anxiety, stress, grief, depression, adjustment disorders and other conditions affecting their mental health. Serves Surrey. Contact the Urgent Care Response Clinic to request a referral for group therapy. Self-referrals accepted. A clinician will conduct a phone intake and a Zoom orientation will be set up with Group Therapy Services. Groups are offered Monday to Friday, mornings or afternoons over Zoom. No evening or weekend groups are available.

- Phone: 604-953-6200

#### **Canadian Mental Health Association – Living Life to the Full**

Interactive, 8 week online course based on Cognitive Behavioural Therapy delivered in 90 minute sessions. Work with a group facing similar issues and learn how to respond to life's challenges.

- Phone: 604-688-3234
- Website: <https://livinglifetothefull.ca/our-courses/>

#### **MindShift CBT**

MindShift CBT Groups is an 8 session online group therapy program for small groups of adults (19+) (maximum of 10) with mild to moderate anxiety using cognitive behavioral therapy (CBT). It provides people with support, encouragement, and tools to help them cope better. Sessions are not free, but there are a limited number of free of charge places per group are available to individuals who require financial support. This is on a first come first serve basis.

- Website: <https://www.anxietycanada.com/mindshift-groups/>

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### Services for Children and Youth

#### Crisis Lines

##### Helpline for Children

This is a 24/7 helpline for children and youth who feel unsafe, confused, or scared and want to talk to someone. It is answered by child protection social workers.

- Phone: 310-1234

##### Youthspace.ca

A free and confidential online support network for Canadian youth up to 30 years of age to access emotional support, resources, and crisis response services. Youthspace Chat is operated by professionally trained volunteers who risk assess, create safety plans, and link youth to other resources; available from 6 pm to 12 am PST, seven days a week through online chat or text messaging.

- Text: 778-783-0177
- Website: [www.youthspace.ca](http://www.youthspace.ca)

##### Online Distress Services

Offers free, confidential, and nonjudgmental online support to youth and adults experiencing emotional distress, from 12 noon to 1 am daily in BC and in the Yukon. Chat service is accessed through [www.YouthInBC.com](http://www.YouthInBC.com) (serves youth age 12 to 25). Website also provides information and resources related to stress management, mental health issues, and suicide.

- Website: [www.youthinBC.com](http://www.youthinBC.com)

#### Low Cost and Free Counselling

##### Child and Youth Mental Health

For children under 13, referrals are often required through CYMH (A branch of the Ministry of Children and Family Development) to access many free services for families and youth in the lower mainland. These programs are usually run through other non-profits in Surrey but need a referral to access. Counselling through CYMH is free and often long term. Find your nearest CYMH intake office using the link below:

- Website: <https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/child-teen-mental-health/mental-health-intake-clinics>

##### Dan's Legacy

Counselling for **youth ages 15 to 25** who have been affected by abuse or addiction issues, resulting in depression, anxiety, sleep and eating disorders, or struggles with substances. Family counselling also available. Young people and their families who cannot afford therapy will be supported through counselling bursaries.

- Website: <https://danslegacy.com/help/>

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### Foundry Virtual

Offers virtual counselling sessions, youth and caregiver peer support, and group offerings and workshops to **young people ages 12 to 24 and their caregivers**. Services are free and confidential.

- Phone: 1-833-3086379
- Website: [www.foundrybc.ca/virtual](http://www.foundrybc.ca/virtual)

### DiscoverY – Surrey/White Rock

A free short-term counselling program for **youth and young adults ages 15 to 25** who are ineligible for other funded services in the community. Counsellors provide eight counselling sessions. Referral accepted from self or other.

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

### DIVERSEcity - Child and Youth Mental Health Counselling

Provides free counselling services to **children and youth from immigrant and refugee families living in Delta or Surrey** who are experiencing mental health issues, including depression, anxiety, suicidality, post-traumatic stress disorder (PTSD), attention deficit hyperactivity disorder (ADHD), and psychosis. Services are offered through individual, family, and group sessions. Accepts self referrals. Services are available in Arabic, English, Hindi, Korean, Spanish, Mandarin, Punjabi, and Urdu.

- Phone: 604-547-1202
- Website: [www.dcrs.ca/counselling](http://www.dcrs.ca/counselling)

## Other Mental Health Programs and Support Services

### Sources – Mental Health Child and Youth Program

Offers 12-session outreach support to children and youth in North Surrey, Cloverdale, Guildford, and Newton.

- Phone: [604-531-6226](tel:604-531-6226)
- Website: [www.sourcesbc.ca](http://www.sourcesbc.ca)

### Mood Disorders Association of BC – Moving Beyond Support Group

Provides an online support group for youth aged 19 to 29 struggling with mood disorders or PTSD. Visit website or email group for more information.

- Email: [movingbeyond.bc@gmail.com](mailto:movingbeyond.bc@gmail.com)
- Website: <https://mdabc.net/resources/mdabc-support-groups/>

### Kids and Teens in Control

Provides free group support and education to children and youth ages eight to 18 who have a family member with mental illness. Participants learn healthy coping strategies and self-care practices, while

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gaining information about mental illness so they can better understand the behaviour of their family member. Youth ages 14 and older may self-refer, 13 and younger need a community agency referral.

- Phone: 778-903-2752
- Website: [www.bcss.org/support/bcss-programs/kidsincontrol](http://www.bcss.org/support/bcss-programs/kidsincontrol)

### **Kelty Mental Health Resource Centre**

Provincial resource centre that provides mental health and substance use information, resources, help with system navigation, and peer support to children, youth and their families from across BC. Also provides resources to people with eating disorders of all ages. Has many online resources on mental health information and management, substance abuse, and meditation. Resources are available by phone, email, and online. Centre hours are 9:30 am to 5 pm Monday to Friday.

- Phone: 604-875-2084
- Website: [www.keltymentalhealth.ca](http://www.keltymentalhealth.ca)

### **Open Mind BC**

Online information hub that raises awareness of mental health resources and tools available to youth transitioning into adulthood.

- Website: [www.openmindbc.ca](http://www.openmindbc.ca)

### **Anxiety Canada**

Provides information and resources for individuals wanting to manage their own anxiety, including free online resources and self-help toolkits for children, youth, adults, and parents. Also offers **MindShift**, a free app designed to help teens and young adults cope with anxiety. It teaches how to relax, how to develop helpful ways of thinking, and how to identify active steps that will help one take charge of their anxiety. It also includes strategies to deal with everyday anxiety, as well as specific tools to tackle test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict.

- Website: [www.anxietycanada.com](http://www.anxietycanada.com)