

List of Local Counselling Services

Burnaby Clinical Psychology Centre, SFU

Telephone: 778-782-4720

<https://www.sfu.ca/psychology/clinical-psychology-centre.html>

Counselling for adults, who are not SFU students, staff, faculty or members of their families, are provided by supervised graduate students in clinical psychology. Services are offered on a sliding scale, based on gross family income.

Family Services of Greater Vancouver, Counselling Program

Telephone: 604-874-2938

www.fsgv.ca/find-the-support-you-need/counselling/

Counselling fees based on household income. Graduate-level therapists. Program has a dedicated intake worker who can also refer to other counselling services or groups. Staff are able to communicate in English, Cantonese, Korean, Mandarin, and Spanish. Offices in **Vancouver, Richmond, Burnaby/New Westminister, and Surrey.**

New Westminister UBC Counselling Centre

Telephone: 604-525-6651

<http://ecps.educ.ubc.ca/counselling-centres/new-westminister-ubc-counselling-centre/>

Free counselling for the public by graduate-level counselling psychology students, supervised by a registered psychologist.

Oak Counselling

Telephone: 604-266-5611

<http://oakcounselling.org/>

Fees are based on household income and number of dependents. Secular, not-for-profit counselling services provided by supervised volunteers with Master's degrees in psychology or psychology-related fields. Individual, couples and family counselling available.

Scarfe Free Counselling Clinic, UBC

Telephone: 604-827-1523

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

Free Counselling provided by counselling psychology graduate students, supervised by a psychologist. Clinic runs from September to April.

Surrey Counselling Centre, SFU

Telephone: 604-587-7320

<https://www.sfu.ca/education/centres-offices/sfu-surrey-counselling-centre.html>

Counselling for adults are provided by supervised graduate students in counselling psychology. Services are free.

UBC Psychology Clinic

Telephone: 604-822-3005

<http://clinic.psych.ubc.ca/>

Counselling services provided by student clinicians, supervised by registered psychologists. \$15-\$50/session for individual therapy.

Vancouver Coastal Health Outpatient Psychiatry Program – VGH Site

Telephone: 604-875-4794

<http://psychiatry.vch.ca/opt.htm>

Group therapy for depression, anxiety, stress. Individual mental health assessments. Referral through your family doctor, or via a walk-in clinic.

Local Crisis Lines

Anywhere in BC 1-800-SUICIDE: 1-800-784-2433*

Mental Health Support Line: 310-6789* (no need to dial area code)

Vancouver: 604-872-3311

Sunshine Coast/Sea to Sky: 1-866-661-3311

Seniors Distress Line: 604-872-1234

Online Chat Service for Adults: www.CrisisCentreChat.ca (Noon to 1am)

*Both of the 310-6789 and 1-800-SUICIDE phone lines are available in over 140 languages using a language service.